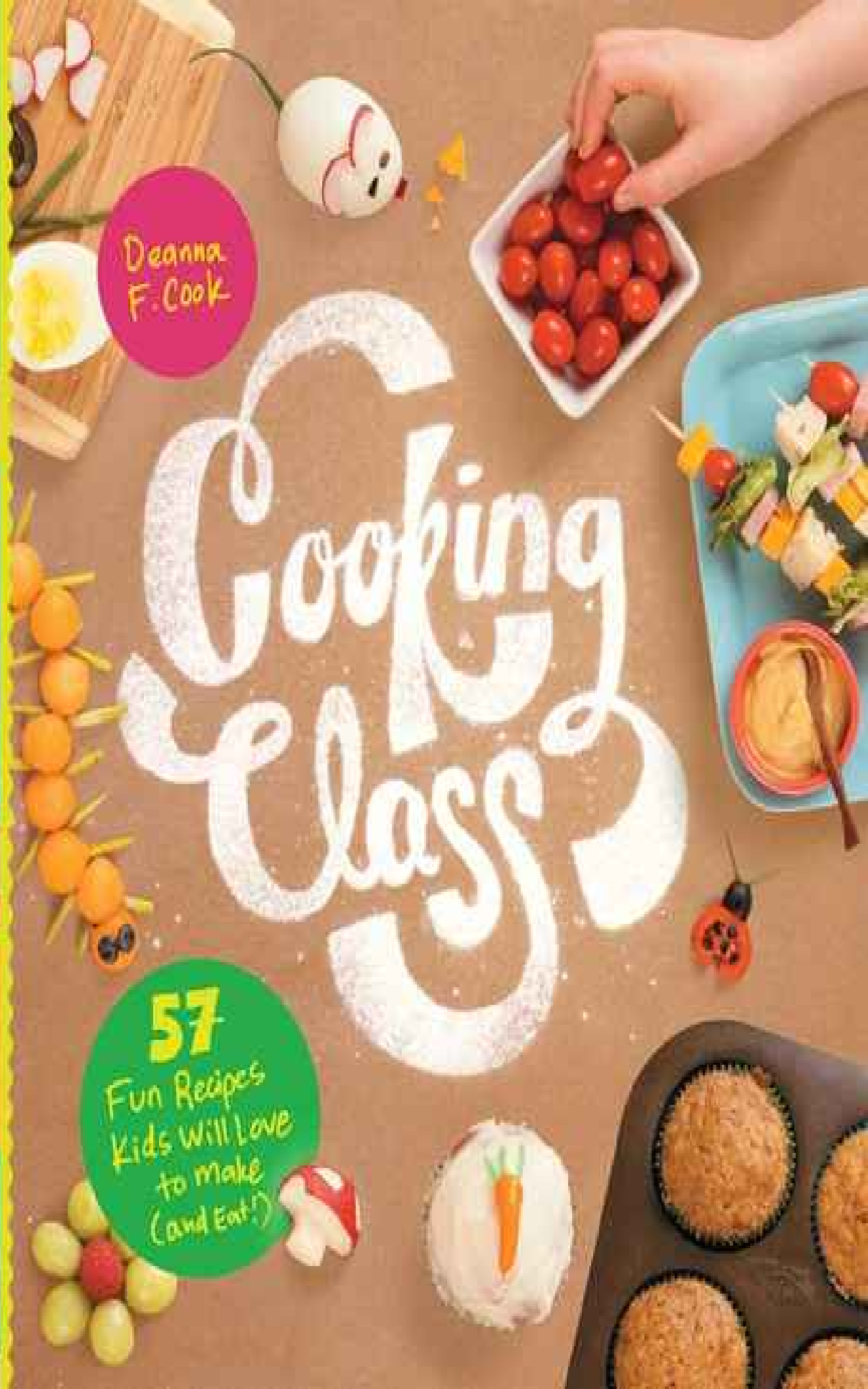




Deanna
F. Cook

57
Fun Recipes
Kids Will Love
to Make
(and Eat!)

Cooking Class



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Cooking Class

57 FUN RECIPES KIDS WILL LOVE TO MAKE (AND EAT!)

Deanna F. Cook

photography by Julie Bidwell



Storey Publishing

DEDICATED TO MY GIRLS, **ELLA & MAISIE**

Hello, Cooking Friends!

I'm happy you picked up a copy of *Cooking Class* and that you're ready to start cooking! When I was your age, I loved looking at cookbooks and finding new recipes to try (with the last name of Cook, I grew up thinking, "I should cook!"). My own two daughters like to spend time in the kitchen with their friends, and they inspired me to collect the recipes in this cookbook. I hope you like the recipes as much as they do.

We also cooked up all the food for the photography that you see on every page. It was fun working with so many great kids, and I want to thank them all for their time and for the yummy food they made. Thank you, Abby, Adia, Alex, Arden, Aria, Ariana D., Arianna R.F., Asha, Audrey, August, Brady, Caleb, Chloe, Christian, Conor, Ernie, Ella, Finn, Grace, Inez, Iris, James, Jimmy, Kelly, Lauren, Louisa, Maddie, Maisie, Margaux, Mia, Nat, Phin, Reyna, Rohin, Ruby, Sarah, Seth, Silas, Sophie C., Sophie M., Tate, Teagan, Teddy, Theo, Wallace, Wiley, and Zadie.

Lastly, I want to thank the team at Storey who helped me with this beautiful book, especially Jessica Armstrong, Lisa

Hiley, and Deborah Balmuth, and our photographer, Julie Bidwell.

Happy Cooking!

Contents

Chapter One: Welcome to Cooking Class!

Lesson 1: Review the Rules

Lesson 2: Get Your Kitchen in Order!

Lesson 3: Start with Good Ingredients

Lesson 4: Kitchen Vocabulary

Lesson 5: Measure Up

Lesson 6: Careful with the Sharp Stuff!

Lesson 7: Cooking with Heat

Lesson 8: Clean Up

Lesson 9: Time to Eat!

Chapter Two: Breakfast Café

My Own Cinnamon Sugar

Freshly Squeezed Orange Juice

Breakfast Sundaes

Mix-and-Match Fruit Flower Garden

Have a Hard-Boiled Egg

Grab-and-Go Granola Bars

Ella's Egg Sandwiches

French Toast on a Stick

Sleepover Party Pancakes

Crêpes with Nutella and Bananas

Wallace's Omelets

Chapter Three: Lunch Lessons

Homemade Peanut Butter

PB & Honey Pockets

Lunch-on-a-Stick

Mix-and-Match Sandwich Shop

Spinach Pinwheels

Lettuce Roll-Ups

Toasty Melts

Italian Panini

Quiche Cupcakes

Chapter Four: Snack Attack

Berry Good Smoothies

Minty Melon Bubbles

Apple Monsters!

My Own Microwave Popcorn

Mix-and-Match Trail Mix

Popcorn Balls

We Love Biscuits!

Easy-Peasy Applesauce

Mean Green Guacamole

Gorgeous Garden Salsa

Tortilla Chips from Scratch

Fruit Roll-Ups

Chapter Five: Eat Your Veggies

Veggie World

Salad Dressing Factory

Mix-and-Match Salad Bar

Tiny Tomato Toasts

Roasted Roots

Think Spring Rolls

Iris's Corn & Black Bean Salad

Chapter Six: My First Dinners

Bow-Tie Pasta with Tomatoes, Basil & Fresh Mozzarella

Perfect Pesto!

Cheesy Bean Quesadillas

Nutty Noodles

Popcorn Chicken

Mix-and-Match Pizza Party

Super Sliders

Sushi! California Rolls

Fantastic Fish Tacos

Excellent Egg Rolls

Chapter Seven: Time for Dessert

Dipped Strawberry Dessert

Mix-and-Match Chocolate Factory

Hot Cocoa Pops

Very Vanilla Pudding

Amazing Apple Crisp

Little Lemon Squares

Meringue Nests

Maisie's Carrot Cupcakes

Bonus Features!

Stickers & Labels

Place Cards

Recipe Cards

Game Cards

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Share Your Experience!

CHAPTER ONE

Welcome to Cooking
Class!

Do you like to cook? Maybe you've helped your family in the kitchen with dinner or baked brownies for dessert with your friends. Or maybe you're just hungry for a homemade snack. This book is filled with fun and easy recipes that teach kids how to cook. Each recipe was tested by kids just like you for ease ("Fast!" or "Took too long!"), taste ("Yum!" or "Yuck!"), and overall fun factor.

Before you put on your apron, take some time to read this introductory chapter all the way through. It has helpful tips for junior chefs, like what kitchen tools to have on hand and how to measure carefully. It also shows you how to properly use a paring knife and other ways to be safe in the kitchen. But most important, you'll learn how to cook up some fun in the kitchen!



Recipe Ratings

Each recipe is rated with one, two, or three spoons so you know the skill level needed to complete it. If you are a new chef, you can start with the easier recipes and work your way up.

You can cook most of these recipes without needing a hot stove or using a sharp knife.



You need to do some prep work, such as chopping or dicing. You'll also try out new kitchen skills. These are good recipes to work on with a parent or older sibling.



These recipes involve cutting with sharp knives and using the oven and stovetop. They tend to take more time to prepare, too. If you are just learning to cook, work with an adult.



**THREE
SPOONS**

LESSON 1

Review the Rules

Start good cooking habits from the get-go by following these basic kitchen rules. Ask an adult for permission to make a recipe. Ask for help, too, if you have questions along the way.

-
1. Wash your hands with warm water and soap before you handle food. Scrub well for 20 seconds, or as long as it takes to recite the alphabet.
-
2. Roll up long sleeves and wear an apron or smock (an oversize T-shirt will do the trick nicely). Tie back long hair to keep it away from food. You can even wear a bandanna or chef's hat!
-
3. Read the recipe from start to finish before you begin. Follow the steps closely.
-
4. Put out all the ingredients from the "Here's What You Need" list to be sure you have everything.
-
5. Measure carefully (see the tips in **lesson 5**).
-
6. Use a timer so you don't burn or overcook anything.
-
7. Always use pot holders when touching hot pans and dishes.
-

8. Most important, clean up afterward!



LESSON 2

Get Your Kitchen in Order!

Make a Recipe Collection

Start with the recipes in this book — put a check mark next to each one you try. You can also create your own folder or recipe box for storing recipes from magazines and websites. Use the recipe cards in the back of the book to write down some favorite family recipes or ones that you come up with yourself.

Create a Cooking Kit

Find a box or clear plastic container and stock it with your own cooking tools. Label or decorate your container. (Download and print the stickers here <http://whol.st/cc-stickers>.)

You'll want to start with:

- measuring spoons & cups
- whisk
- paring knife

- rolling pin
- clean scissors
- mixing spoon
- spatula
- tongs
- pastry brush
- melon baller
- pizza cutter

Set Up a Good Work Space

- Clear off a kitchen countertop so you have plenty of room to cook. A kitchen table is a great place to prep food, too.
- If the work space is too high for you to comfortably reach, find a sturdy stool to stand on.
- Be sure the floor isn't wet — you don't want to slip and fall!



LESSON 3

Start with Good Ingredients

Make a list before you shop. This will save you time and money, and you won't forget an important ingredient.



Use fresh ingredients as much as possible. Whenever you can, choose organic fruits and veggies. They taste great, have more nutrients, and are better for the environment.

Pick your own. If you're lucky enough to have a garden, you can pick veggies for your recipes. If not, stop at your nearest farmers' market to stock up. These markets usually also sell meats, cheeses, and eggs that are organic and/or local. During the winter, though, frozen vegetables often taste better and have more nutrients than fresh ones shipped from far away.

Store your produce properly until you use it, and clean it well before cooking. Rinse fruits and vegetables under cold water to remove any dirt. Use a scrub brush on hard items like carrots and potatoes to make washing them easier.

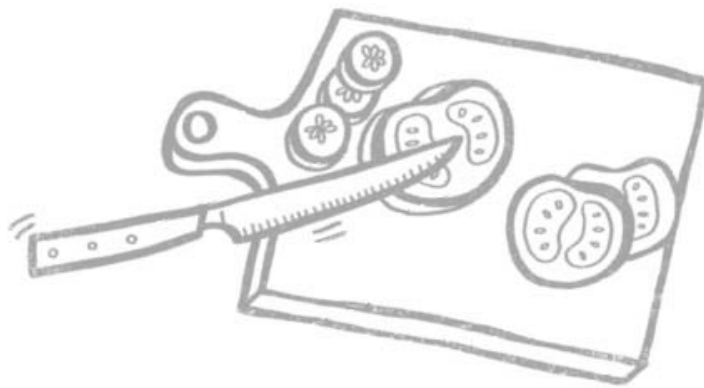


ABOVE: *Silas and Wiley pick out fresh fruits and veggies at the farmers' market in their town. When you visit your farmer's market, don't forget to bring your own bags!*

LESSON 4

Kitchen Vocabulary

Prep Work



Many of the recipes in this book call for prep work, such as grating carrots or crushing garlic, before you actually make the dish. Read the ingredient list to find out what you need to do. With all your prep work done in advance, you won't have to stop what you're doing as you cook. Here are some words you'll see in recipes.

Beat. To mix rapidly with a wooden spoon, wire whisk, or electric mixer until smooth.



Blend. A blender has very sharp blades that mix solid and liquid ingredients into a smooth paste or liquid. Be sure the top is on properly before you push the button!



Chop. To cut food into pieces about 1 inch square. Chopped ingredients are often used in salads, soups, and stews.



Core. To remove the stem and seeds from the middle of a piece of fruit with a knife or a special slicer or corer.



Crush. To smash an ingredient, often raw garlic, through a press or with the flat side of a knife. You can also use a rolling pin or even a can to crush nuts or seeds.



Dice. To cut food into pieces that are about a $\frac{1}{2}$ -inch square. Strongly flavored ingredients like onions are often diced so they won't overwhelm the other flavors in the dish.



Grate. To rub ingredients, such as cheese or carrots, against a grater to cut them into shreds. If the food gets too small,

stop grating to protect your fingers. When you grate pieces of citrus, its called *zesting* (see **here**).



Juice. To squeeze the juice from citrus fruit by cutting it in half and pressing the halves on a juicer. If you are juicing and zesting the same piece of fruit, it's easier to do the zesting first.



Mince. To cut food, usually herbs and other flavoring ingredients, into tinier pieces than chopping or dicing. You

can mince herbs with a small knife, but using scissors is easier.



Mix. To use a spoon or electric mixer to combine ingredients so they are evenly distributed. Use a mixing bowl that is big enough to hold everything with some extra space to avoid spills.



Peel. Remove the skin from a fruit or vegetable by peeling it with a vegetable peeler. There are two kinds of peelers: a straight peeler and a Y-shape peeler (shown).



Process. Some of the recipes in this book ask you to use a food processor. Read the manual or ask an adult for help the first time. Lock the top in place before you turn it on. Be extra careful when removing the blade for cleaning.



Slice. To cut food into longer or thicker pieces. You can cut tortillas and other flat foods with a pizza slicer instead of a knife. Simply hold the pizza wheel firmly and roll it through the food in a straight line moving away from your body.



Whisk. Whisks come in many sizes for mixing dry or wet ingredients until they are well combined. Whisking works better with liquids; thick batters can get stuck in the wires.



Cooking Terms



Once all your prep work is done, you can start cooking! There's a whole vocabulary of cooking terms, too. Here are a few that you'll use in this book.

WARNING: These skills involve using a hot stove or grill. Be extra careful around boiling water, hot oil, and open flames.

Bake or roast. These terms both mean to cook with dry heat in the oven, usually in an uncovered baking sheet or roasting pan. Baking is more often used with bread, cookies, and cakes, while roasting usually refers to meats and vegetables.



Boil. To heat liquid at high temperature on the stovetop. When a liquid boils, bubbles rise rapidly to the surface. Always use a saucepan that is big enough to keep ingredients from boiling over the top.



Fry. This is a stovetop method of cooking food in an open pan in hot oil. Frying food can splatter the oil, so watch out.



Grill. To cook food over a gas or charcoal fire outside.



Melt. To turn a solid into a liquid by applying low heat, such as melting butter in a saucepan or on a griddle, or melting

chocolate chips in the microwave.



Sauté. To cook food lightly in a little oil in a frying pan or skillet.



Simmer. Turn the heat down to low to simmer liquids. The bubbles rise to the surface much more slowly than they do when the liquids are boiling.



Toast. To brown lightly on both sides. You can do this on a griddle or with a panini grill as well as a regular toaster.



LESSON 5

Measure Up

When following a recipe, it's important to measure the ingredients carefully. Here are some tips:



Liquid ingredients. Measure amounts of milk, water, and other liquids in a glass or plastic measuring cup. Pour the liquid into the cup and read the measure from eye level. For smaller measures, like a teaspoon, use measuring spoons.



Dry ingredients. It's important to measure flour, sugar, and other dry ingredients with dry measuring cups or measuring spoons that can be leveled off. Fill the cup or spoon with the ingredient, and then run the back of a butter knife across it to get an exact measure.



Equivalents & Conversions

Here's a handy chart to help you convert recipe measurements.



1 TEASPOON

= 5 milliliters



1 TABLESPOON

= 3 teaspoons

(or $\frac{1}{2}$ fluid ounce)

= 15 milliliters



$\frac{1}{4}$ CUP

= 4 tablespoons

= 60 milliliters



$\frac{1}{2}$ CUP

= 4 ounces

= 120 milliliters



1 CUP

= 8 ounces

= 240 milliliters



1 PINT

= 2 cups

= 16 ounces

= 480 milliliters



1 QUART

= 2 pints

= .95 liters

LESSON 6

Careful with the Sharp Stuff!

Many of the recipes in this book require that you use a knife, grater, food processor, or other sharp tools. It's easy to slip and cut your finger, so always work slowly and make sure your hands aren't wet and slippery.



Knives. All of the cutting can be done with a small paring knife (some soft foods can be cut with a plastic picnic knife or clean scissors instead). Make sure your paring knife is sharpened properly (dull knives are more dangerous because they can slip while you're cutting), and hold it firmly, with your fingers out of the way of the blade.



Kitchen scissors. A safer alternative to a sharp knife is a pair of scissors. Use kids' scissors instead super-sharp

kitchen shears designed for adult hands. Keep a new pair in the kitchen for cooking projects.

Graters and peelers. When you use a grater, whether for a chunk of cheese or a small carrot, watch out that you don't accidentally grate the tip of your finger or your knuckles. That can really hurt! The same goes for vegetable peelers, which can slip. Always push the blade away from your fingers, not toward them.

Blenders and food processors. Be very careful when working with a blender or food processor, whether you are fitting the blades into the machine or taking them out to be washed. Never try to operate a blender or food processor with the lid off, and of course, never stick a spoon or spatula into the bowl without turning the machine completely off first.

LESSON 7

Cooking with Heat

Before you turn on the stove or oven, be sure to check first with an adult. He or she can show you the proper way to use the range and explain the different settings. When something is cooking on the stove, always stay in the kitchen!



Oven Safety

- Always use oven mitts when handling hot pans and baking trays.
- When you open the oven, avoid the blast of heat that will rise up in your face.



Stovetop Safety

- Turn pan handles to the side so the pans don't accidentally get knocked off the stove.
- Be extra careful around boiling water and hot oil because steam and spattering fat can cause serious burns.
- Switch off the stovetop or oven when you have finished cooking.



Microwave Safety

- Different microwave ovens have different directions, so ask an adult to show you how to use yours.
- Never use metal or aluminum foil in the microwave. Always use microwave-safe dishes. Glass, paper towels, and most plastic containers are fine. If you aren't sure, ask an adult to show you which ones are safe. The wrong material could damage the microwave or even cause a fire.
- Be careful of escaping steam when lifting lids or plastic wrap from microwave dishes — it can burn you. If the microwave is located up high or over the stove, ask an adult to remove the hot dishes.



LESSON 8

Clean Up

When you finish cooking, don't forget to leave the kitchen sparkling clean. Put away the ingredients, wipe down the countertop, and start the dishwasher. Here are some friendly reminders.



Put away all your ingredients. It's especially important to return milk, meat, and other perishables to the refrigerator.

Wipe down countertops and kitchen appliances with a wet sponge or kitchen washcloth.



Load the dishwasher neatly with cups and dishes and start it when it's full.

Wash pots and pans in hot, soapy water. Don't forget to scrub the handles and bottoms of the pots, too!

Compost non-meat food scraps such as vegetable peels, watermelon rinds, and crumbled eggshells.



Pick a Job, any Job!

Nobody likes to clean up, but everyone should pitch in to get it done. A fun (and fair) way to divide up the chores is to make a jar full of job sticks.

Write each task on a clean popsicle or craft stick. Put them in a jar and have everyone pick a job to do. That way no one gets stuck doing the same chore all the time. Here are some suggestions, but you can make the sticks fit your own household routine:

- Empty the dishwasher
- Load the dishwasher
- Wash pots and pans
- Dry pots and pans
- Wipe off the countertops and clean the sink
- Sweep the kitchen floor
- Take out the trash and/or recycling

My daughters, Ella and Maisie, always liked to include a “Free Card” stick so that the person who chose it could get off the hook for one job!

LESSON 9

Time to Eat!

One of the best things about cooking is sharing what you've made with family and friends.



Start by setting a nice table. The picture below shows where to put the silverware (forks go on the left and the

knife and spoon on the right). Glasses should be placed just above the knife.



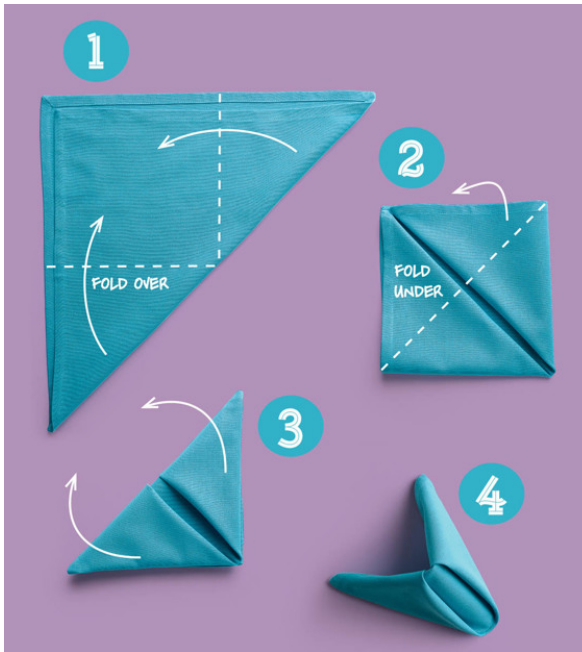
Special touches. It's fun to add a vase of fresh flowers as a centerpiece and make special place cards for everyone at the table (use the ones in the back of the book).

Don't forget the napkins! Fold up some cloth napkins and set them on the table, too. You can find a fun way to fold them in the sidebar on the opposite page.

HOW TO . . .

Fold a Fancy Napkin

- 1.** Fold a napkin in half to make a triangle. Then fold over the two ends to make a square.
- 2.** Fold under one end of the napkin along the dotted line to make another triangle.
- 3.** Bring the two ends toward each other to make a peak.
- 4.** Now the napkin will stand on the table!



CHAPTER TWO

Breakfast Café

Good morning! Ready to cook up the first meal of the day? In this chapter, you'll find easy and tasty recipes for eggs, granola bars, and even fancy French crêpes. You'll also learn how to make breakfast in bed for your parents on Mother's Day and Father's Day. And how about cooking up some perfect pancakes with friends after a sleepover? So rise and shine and start cooking!



CHAPTER CONTENTS



My Own Cinnamon Sugar

Freshly Squeezed Orange Juice

Breakfast Sundaes



Mix-and-Match Fruit Flower Garden

Have a Hard-Boiled Egg

Grab-and-Go Granola Bars



Ella's Egg Sandwiches

French Toast on a Stick

Sleepover Party Pancakes

Crêpes with Nutella and Bananas

Wallace's Omelets

My Own Cinnamon Sugar



Makes $\frac{1}{2}$ cup

Keep a jar of this sweet stuff in your kitchen. Sprinkle it on toast, oatmeal, and Cream of Wheat for a breakfast treat. It makes a great teacher gift, too!



HERE'S WHAT YOU NEED

- $\frac{1}{2}$ cup sugar
- **2** tablespoons cinnamon

SPECIAL EQUIPMENT

- Spice jar and label

HERE'S WHAT YOU DO

- 1.** Measure the sugar and cinnamon into a bowl.
- 2.** Use a spoon or mini whisk to mix it together.
- 3.** Store in a spice jar with a label made by you.

Freshly Squeezed Orange Juice



Makes 1 cup

Sure, you can quickly pour yourself a glass of orange juice from a carton. But with a few squeezes, you can make your own unprocessed OJ that tastes fresh from the tree.



HERE'S WHAT YOU NEED

- **1** or **2** oranges

SPECIAL EQUIPMENT

- Manual juicer

HERE'S WHAT YOU DO

- 1.** Ask an adult to help you cut the orange in half. Squeeze each orange half on a juicer. Twist it back and forth until all the juices are released.



2. Pick out the seeds. Pour the juice into a glass.



3. Drink it right up! It's fun to experiment with different kinds of oranges and even grapefruit.



Breakfast Sundaes



Makes 4 sundaes

Want to eat dessert for breakfast? Set up a sundae bar. It's a berry sweet way to start your day.



HERE'S WHAT YOU NEED

- **8** strawberries
- **1** banana
- **1½** cup fresh blueberries or raspberries
- **2** cups yogurt
- **1** cup cereal, such as granola or whole-grain O-shapes

HERE'S WHAT YOU DO

- 1.** Slice the strawberries into a bowl. Slice the banana into another bowl. Put the blueberries or raspberries in a third bowl.
- 2.** Set out a bowl of yogurt and a bowl of dry cereal. Put a serving spoon by each bowl.
- 3.** Then let everyone at the breakfast table dig in and build their own breakfast sundae with layers of yogurt, fruit, and cereal.

CREATIVE COOKS!

Our Favorite Combos

Banana Split: Sliced banana, vanilla yogurt, cereal, and strawberries

Blue Crunch: Blueberry yogurt, blueberries, and granola

All-American: Vanilla yogurt, raspberries, blueberries, and puffed rice cereal



Mix-and-Match

Fruit Flower Garden



Plant fruit flowers on your breakfast table. Ask your friends to help, too. Together, you can make an edible flower garden — one with bugs and butterflies!



Have a Hard-Boiled Egg



Makes 4

If you're hungry for a high-protein breakfast, boil up some eggs. Hard-boiled eggs are easy to make and fun to eat. You can do lots of things with them, from eating them right out of the shell to making egg salad sandwiches to creating cute critters to nibble on (see below).



HERE'S WHAT YOU NEED

- **4** eggs (or as many as you want)
- Salt and pepper

HERE'S WHAT YOU DO

- 1.** Place the eggs in a small saucepan and cover with cold water.



- 2.** Bring the water to a boil over high heat. Boil for 1 minute, then turn off the heat. Put the lid on the saucepan and let the eggs sit in the hot water for 12 minutes.



3. Run the eggs under cold water to cool them off.
Roll the eggs gently on all sides to crack the shells.



4. Peel off the shells. If it's hard to peel them, work under running water.



CREATIVE COOKS!

Make Some Egg Friends!

It's okay to play with your food when you're making art with it! You can have fun with hard-boiled eggs by turning them into animals and funny faces. Cut an egg in half or put slices of egg on crackers or Melba toast and decorate away.

Here are some suggestions for veggies to make eyes, ears, mouths, and even hair:

- Black and green olives
- Capers
- Small cherry tomatoes
- Carrot slices or slivers
- Green and red bell pepper slivers
- Chives, dill, parsley, and other herbs
- Pickle chips
- Radish slices
- Pickled beet slices or slivers



To make egg mice, cut an egg in half lengthwise and place the halves on a plate. Cut tiny black olive eyes and slice thin radish or carrot rounds for ears. Make small slits in the egg for the eyes and ears. Push the olives and radishes into the slits. Add a chive tail and a carrot or olive nose.



Grab-and-Go Granola Bars



Makes 12 bars

Looking for a quick breakfast you can eat on your way out the door? Mix up a batch of these chewy bars over the weekend. If you wrap them up individually and store them in the fridge, they'll stay fresh all week long.



HERE'S WHAT YOU NEED

- **3** tablespoons butter, plus more for pan
- $\frac{1}{2}$ cup packed light brown sugar
- $\frac{1}{4}$ cup honey
- **1** teaspoon vanilla extract
- **3** cups quick-cooking rolled oats
- $\frac{1}{4}$ cup chocolate chips

HERE'S WHAT YOU DO

- 1.** Butter an 8-inch square baking pan and set it aside. Melt the butter in a large pot over medium heat. Add the brown sugar, honey, and vanilla extract.



- 2.** Whisk until the sugar is dissolved. Turn off the heat.



3. Pour the oats into the pot. Stir very well for about 5 minutes.



4. Spread the oat mixture into the pan. Press it into the pan with your hands to make it even (you may need to rub a little butter on your palms so they don't stick to the bars). Press hard!



- 5.** Press the chocolate chips into the top of the bars. Cover with plastic wrap and refrigerate until chilled (about 1 hour).



- 6.** Bring to room temperature, then ask an adult to help you cut it into 12 bars with a sharp knife. Wrap the bars individually in plastic wrap, aluminum foil, or waxed paper.



- 7.** Decorate with personalized labels. Store in the refrigerator for up to 1 week.



CREATIVE COOKS!

Great Granola

You can substitute $\frac{1}{4}$ cup of any of these mix-ins for the chocolate chips:

- Raisins
- Shredded dried coconut
- Dried cranberries
- Chopped dried apricots
- Mini M&M's
- Peanut butter chips
- Butterscotch chips
- Puffed rice cereal

Or try a combo with several of these mix-ins or any others that catch your fancy.



Ella's Egg Sandwiches



Makes 1 sandwich

On weekend mornings, my daughter Ella loves to cook up diner-style egg sandwiches. She uses Canadian bacon (you can find these round ham slices in most grocery stores). If she doesn't have that, she makes these sandwiches with sliced deli ham or bacon.



HERE'S WHAT YOU NEED

- Butter, for the pan
- **1** egg
- **1** slice Canadian bacon
- **1-2** tablespoons grated or thinly sliced cheese (your favorite)
- **1** whole-wheat English muffin, toasted

HERE'S WHAT YOU DO

1. Melt a little butter in a frying pan or griddle over medium-high heat. **Crack** the egg carefully onto the butter. Place a slice of Canadian bacon next to the egg.



2. Cook the egg until the white is mostly solid. Then flip it with a spatula. Flip the bacon over, too.



3. Cover the egg with the cheese.



4. Cover the egg with a pan lid. Let the cheese melt and the egg finish cooking to your liking.



5. Place the egg and bacon onto the toasted English muffin. Eat right away or wrap it in aluminum foil to eat on the run.





For sunny-side up, don't flip the egg.

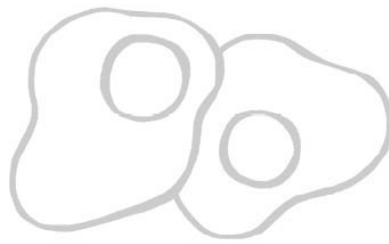
For an over-easy egg, cook for just a minute or two after you flip it, leaving the yolk a little runny.

For over-hard, cook the yolk all the way through after you flip it.



HOW TO . . .

Crack an Egg



- Grab an egg and a small bowl. Whack the egg on the side of the bowl to make a crack. Try to whack it hard enough to crack the shell without smashing it. You don't want to wind up with a handful of crushed shell!

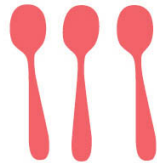


- Push your thumbs into the crack and pull the shell apart over the bowl.



- If you need a second egg, use another bowl. That way, if you mess up, you will get shells only in one egg, not two. If a piece of shell drops into the bowl, use one of the egg-shell halves to scoop it out.

French Toast on a Stick



Makes 4 servings

Kebabs for breakfast? Sure! Just slide squares of French toast and fresh fruit onto wooden skewers for a fun start to the day!



HERE'S WHAT YOU NEED

- **3** eggs
- **1** cup milk
- **1** teaspoon cinnamon
- Butter, for the pan
- **1** small baguette, cut into 1-inch slices
- **10** strawberries
- **1** banana
- $\frac{1}{2}$ cup blueberries
- Maple syrup or confectioners' sugar, for serving

SPECIAL EQUIPMENT

- Wooden or bamboo skewers

HERE'S WHAT YOU DO

- 1.** Whisk the eggs in a pie plate or shallow bowl. Add the milk and cinnamon and whisk until it's all mixed together.



- 2.** Heat a large skillet over medium heat. Melt a pat of butter in the pan and spread it around.



3. Dip both sides of each slice of bread into the egg mixture.



4. Add the slices to the pan and cook for 2 to 3 minutes, until light brown on the bottom. Flip each slice and cook the other side, then transfer to a cutting board.



5. Cut the French toast into 1- to 2-inch squares. Cut the strawberries in half and slice the banana into $\frac{1}{2}$ -inch rounds.



6. Slide a piece of French toast, a strawberry half, a slice of banana, and a blueberry onto a skewer. Continue until the skewer is full. Repeat to make more kebabs.



7. Serve with maple syrup for dipping or confectioners' sugar for sprinkling.



Sleepover Party!

When you and your friends wake up in the morning after a fun sleepover, move the party to the kitchen and make your own breakfast. Here are some recipes to try:

- **Sleepover Party Pancakes**
- **Freshly Squeezed Orange Juice**
- **Breakfast Sundaes**
- **French Toast on a Stick**
- **Crêpes with Nutella and Bananas**



HOW TO . . .

Cook Bacon

Crazy for bacon? It's easy to cook some up for breakfast. Here are several methods — see which one works best for you.



In a microwave:

- Place four or five pieces of bacon between sheets of paper towel.
- Cook in the microwave on high power for 3 to 5 minutes, checking until the bacon is done the way you like it.



In a frying pan:

- Heat the pan over medium heat.
- Add five or six bacon slices (don't crowd the pan too much).
- Cook on both sides until done, about 5 minutes per side, or longer for crispier bacon.

Watch for splattering grease with this method.



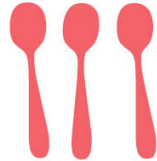


In the oven:

- Preheat the oven to 350° F (180° C).
- Arrange as many slices as you can in a single layer on an aluminum foil-lined baking pan.
- Bake until the bacon is crisp, 15 to 20 minutes.



Sleepover Party Pancakes



Makes 4 to 6 servings

Cook your pancakes in a large electric or stovetop griddle if you have one. That way, you can make a bunch of pancakes at once and none of your friends will have to wait! If you don't have a griddle, use a regular frying pan. Keep the pancakes warm on a baking sheet in a 200°F (95°C) oven until you have enough for everyone.



HERE'S WHAT YOU NEED

- **1** cup all-purpose flour
- **2** tablespoons sugar
- **2** teaspoons baking powder
- Pinch of salt
- **2** eggs
- $\frac{3}{4}$ cup milk
- **2** tablespoons butter, melted, plus more butter for the pan
- Maple syrup, for serving

HERE'S WHAT YOU DO

- 1.** Mix the flour, sugar, baking powder, and salt in a large bowl.



- 2.** In another bowl, whisk the eggs. Then stir in the milk and melted butter.



3. Pour the egg mixture over the flour mixture and stir until mixed. Its okay to have a few lumps in the batter. If you mix it too much, your pancakes might turn out a little chewy.



4. Heat a griddle or frying pan over medium-high heat. Melt a small pat of butter and spread it around with a spatula. Fill a $\frac{1}{4}$ -cup measuring cup with pancake batter and ladle it on the griddle.



5. Repeat until the griddle is full, leaving a few inches between each pancake. Cook the pancakes until the edges are dry and bubbles appear on the surface, about 2 minutes.

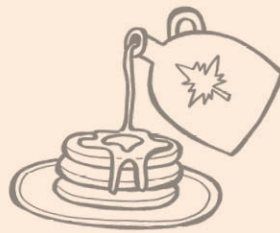


6. Then flip and cook the second side. Serve the pancakes warm with maple syrup.



CREATIVE COOKS!

Pancake Pizzazz



Blueberry Pancakes: Add a few blueberries to each pancake just after you pour the batter onto the griddle.

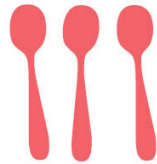
Anything Goes: Add one or more of these: finely chopped apple or banana, shredded dried coconut, chopped walnuts, or even chocolate chips!

Birthday Pancakes: For a special birthday treat, make your brother or sister a pancake in the shape of his or her age.

Personalized Pancakes: Pour the batter into the shapes of the letters in your name.



Crêpes with Nutella and Bananas



Makes 4 servings

You can travel to France without ever leaving your kitchen! Just make these thin French pancakes (see below) and fill them with chocolate-hazelnut spread and bananas. Bon appétit!



HERE'S WHAT YOU NEED

- **1** cup all-purpose flour
- **2** eggs
- **1¹/₄** cups milk
- **2** tablespoons butter, melted, plus more butter for the pan
- **1** tablespoon sugar
- **¹/₄** teaspoon salt
- Chocolate-hazelnut spread, such as Nutella
- **2** medium bananas, sliced

HERE'S WHAT YOU DO

1. Place the flour, eggs, milk, melted butter, sugar, and salt into a blender and blend until smooth.



2. Melt a little butter in a small frying pan over medium heat and spread it around with a spatula. Pour about $\frac{1}{4}$ cup of the batter into the hot pan.



3. Tilt the pan to evenly coat the bottom.



4. Cook for about 1 minute, then run a spatula around the edge of the crêpe.



5. Peek to see if it is lightly brown. If so, flip the crêpe.



6. Cook on the other side until light brown. Transfer to a plate.



7. Spread with Nutella and banana slices. Fold into quarters, then dig in.



CREATIVE COOKS!

All Kinds of Crêpes

Crêpes are wonderfully versatile. Once you learn to make them, you can fill them with just about anything. Here are some ideas for both sweet and savory fillings.

- Sliced fresh fruit with yogurt or whipped cream
- Mixed berries, fresh or lightly cooked
- Jam or jelly with a sprinkle of crushed peanuts
- Fluffy scrambled eggs with chopped ham or bacon
- Shredded chicken and cheese
- Deli ham with Swiss cheese
- Deli turkey with chopped apples and dried cranberries



Wallace's Omelets



Makes 1 omelet

Wallace, who is 12 years old, says the best omelets start with the eggs he collects in his backyard chicken house. Try his secret for making omelets — add an extra egg yolk and a little grated butter — for a creamy, full flavor. (How do you grate butter? The trick is to freeze it first!)

Wallace likes to use a shallow cast-iron crêpe pan, but you can use any shallow pan with sloping sides.

HERE'S WHAT YOU NEED

- **2** eggs
- **1** egg yolk (learn how to **Separate Eggs**)
- **1½** teaspoons grated butter, plus 1 teaspoon butter
- **2** tablespoons grated cheese (your favorite)
- **2** fresh chives, snipped with scissors
- Salt and pepper

SPECIAL EQUIPMENT

- Medium-size shallow pan
- Chopsticks

HERE'S WHAT YOU DO

- 1.** Heat the frying pan over medium heat. Whisk the eggs and the extra yolk in a bowl. Stir in the grated butter.



- 2.** Melt the remaining 1 teaspoon butter in the hot pan. Pour in the eggs and cook for about 1 minute.



3. Poke holes in the egg mixture with the chopstick. Then swirl the pan to fill the cracks.



4. Add the grated cheese and snipped chives.



5. Turn off the heat and cover the pan. Let the eggs cook for about 2 minutes longer.



6. Fold the omelet into thirds, like a letter, add salt and pepper to taste, and serve right away.



Got Chickens?

Wallace and his sister, Audrey, have chickens in their backyard. Perhaps you have a flock of your own, or you know someone in your neighborhood who does. Fresh eggs from hens that are free to eat grass and bugs have really bright yellow yolks — compare them to regular grocery store eggs sometime!



CHAPTER THREE

Lunch Lessons

It's lunchtime! Whether you are packing lunch for school or pulling together a hot lunch at home, preparing a midday meal is a great way to practice your cooking skills. In this chapter, you'll review the basics, like how to make peanut butter from real peanuts and how to cook up a mean grilled cheese sandwich. Once you have those recipes down, it's time to think out of the lunch box and invent your own variations. That way, you'll never get stuck in a lunch rut.



CHAPTER CONTENTS



Homemade Peanut Butter

PB & Honey Pockets

Lunch-on-a-Stick



Mix-and-Match Sandwich Shop

Spinach Pinwheels

Lettuce Roll-Ups



Toasty Melts

Italian Panini

Quiche Cupcakes

Homemade Peanut Butter



Makes 2 cups

Have you ever seen whole peanuts transform into peanut butter? If not, give it a try and a taste test. Once you get the method down pat, you can experiment with other nuts, too. Almond butter, anyone?



HERE'S WHAT YOU NEED

- **2** cups salted roasted peanuts (shelled, of course!)
- **1** tablespoon vegetable oil
- **1** tablespoon honey

HERE'S WHAT YOU DO

- 1.** Pour the peanuts and vegetable oil into the bowl of a food processor.
- 2.** Process the peanuts for about 2 minutes. Then add the honey. Process until smooth, another minute or two.
- 3.** Store in a jar in the fridge.

CREATIVE COOKS!

Go Nuts!

You don't have to stick to plain old PB&J sandwiches. Try one of these creative ways to use your homemade peanut butter.

- Peanut butter and bacon sandwich
- Peanut butter on banana slices
- Peanut butter on sliced apples
- Peanut butter on pretzel sticks
- Peanut sauce (see **Think Spring Rolls**)
- Peanut butter on pasta (see **Nutty Noodles**)



ABOVE: *You can download and use a label here <http://whol.st/cc-stickers> or make your own.*

PB & Honey Pockets



Makes 2 pockets

Have you seen those crustless peanut butter sandwiches in the store? Instead of buying them, here's how to make your own healthier and tastier version at home.



HERE'S WHAT YOU NEED

- **2** slices soft sandwich bread
- **2-3** tablespoons peanut butter
- **2** tablespoons honey or jam
- Small round cookie cutter

HERE'S WHAT YOU DO

- 1.** Roll one slice of the bread flat with a rolling pin.
- 2.** Cut out two small circles with a round cookie cutter.
- 3.** Spread a little peanut butter on one bread circle and a little honey or jam on the other. Don't go all the way to the edges.
- 4.** Put the circles together to make a round sandwich. Using the tines of a fork, seal the sandwich pocket. Repeat the steps with the second slice of bread.

Lunch-on-a-Stick



Makes 4 to 6 lunch sticks

If you're tired of boring old sandwiches for lunch, try this twist: Make a sandwich on a stick! You can cut a slice of meat into strips to fit on the toothpicks or, even easier, ask at the deli counter for a $\frac{1}{2}$ -inch thick slice that you can cut into chunks. Mix and match to make your own favorite combos.



HERE'S WHAT YOU NEED

- **1½ – 2** pound deli meat (ham, turkey, or salami), sliced
- **2** sticks string cheese or 6 small fresh mozzarella balls
- **2** large leaves red or green lettuce
- **2** slices bread, cut into 1-inch cubes
- **8** cherry tomatoes
- Mayonnaise, ranch dressing, and mustard, for dipping

SPECIAL EQUIPMENT

- Toothpicks

HERE'S WHAT YOU DO

- 1.** Roll up sliced meat and cut it into strips or cut it into chunks, depending on the thickness. Cut the string cheese into 1-inch pieces (you can leave the mozzarella balls whole or cut them in half). Tear the lettuce into small pieces.



2. Thread the toothpicks with the bread, meat, cheese, lettuce, and cherry tomatoes.



3. Make patterns or alternate colors! Serve with mayonnaise, ranch dressing, and mustard on the side for dipping.



CREATIVE COOKS!

Cool Combos

Try these sandwich stick combos.

- Fresh mozzarella, cherry tomatoes, and basil leaves
- Ham, cheese, lettuce, and bread
- Grapes and strawberries
- Lettuce, tomato, and cucumbers





Mix-and-Match

Sandwich Shop



Get creative in the kitchen with these deli sandwich ideas. Check out these photos for ideas or just let your taste buds tell you what to do. Pretend you own a deli and take orders from your “customers.” (No doubt your parents, siblings, and friends would be happy to have you make them lunch!)

Turkey Club: + Lettuce + Tomato + Mayo

Funny Face: Carrot Stick Hair + Olive Eyes + Red & Yellow Pepper Nose & Mouth + Cream Cheese + Bagel

Super Sub: Sub Roll + Olive Oil + Salami + Provolone + Lettuce

Scary Sandwich: Wheat Bread + Cheese & Peas for Eyes + Bell Pepper Eyebrows + Sunflower Seed Teeth + Ham Tongue

Tea Party Sandwiches: Thin White Bread + Mayo + Dill + Cucumbers



Spinach Pinwheels



Makes 8 to 10 servings

These spiral sandwiches, filled with flavored cream cheese and roasted red peppers, make a fancy lunch. Or, serve a platter of pinwheels as finger foods at your next party. They'll disappear fast!



HERE'S WHAT YOU NEED

- **1** garlic clove
- **1½** (10-ounce) package frozen spinach, thawed and drained
- **1** (8-ounce) package cream cheese, softened
- **1½** teaspoon salt
- **1½** teaspoon black pepper
- **8** large flour tortillas, at room temperature
- **8** slices roasted red pepper

HERE'S WHAT YOU DO

- 1.** Peel the garlic clove and place it in the bowl of a food processor. Process until it's finely chopped.



- 2.** Set a colander in the sink and put the spinach in it. Press the spinach to remove as much liquid as possible.



3. Add the spinach and the cream cheese to the food processor. Add the salt and pepper and process until creamy.



4. Place a tortilla on a piece of plastic wrap. Spread with some of the filling.



5. Add a slice of roasted red pepper. Roll up the tortilla into a log. Repeat with the remaining tortillas.



- 6.** Wrap each log in the plastic wrap and refrigerate for at least 2 hours.



- 7.** When you're ready to serve the roll-ups, slice them into 1-inch pinwheels and place on a plate with the spiral cut side up.



8. The ends don't make perfect pinwheels, so go ahead and eat them before serving up the rest to your guests!



Lettuce Roll-Ups

Makes 4 roll-ups



For lunch today, skip the bread and make a lettuce roll-up instead!



HERE'S WHAT YOU NEED

- **4** leaves lettuce
- **1-2** tablespoons mayonnaise or mustard
- **4** slices deli meat (ham, turkey, roast beef, or salami)
- **4** cheese slices

SPECIAL EQUIPMENT

- Toothpicks

HERE'S WHAT YOU DO

- 1.** Place a lettuce leaf on a cutting board. Carefully spread it with mustard or mayonnaise.



- 2.** Add a slice of deli meat. Top with a slice of cheese.



3. Roll up the leaves as shown.



4. Cut in half and push in a toothpick to hold it together!



Picnic Time!



Looking for something to do with your friends on a sunny day? Have a backyard picnic like Aria and Theo! Any of the sandwiches in this chapter would make good picnic fare.

After you make lunch, grab a picnic basket and a blanket. Pack up your food, drinks, napkins, and straws, and head off to the backyard on an adventure. Enjoy!

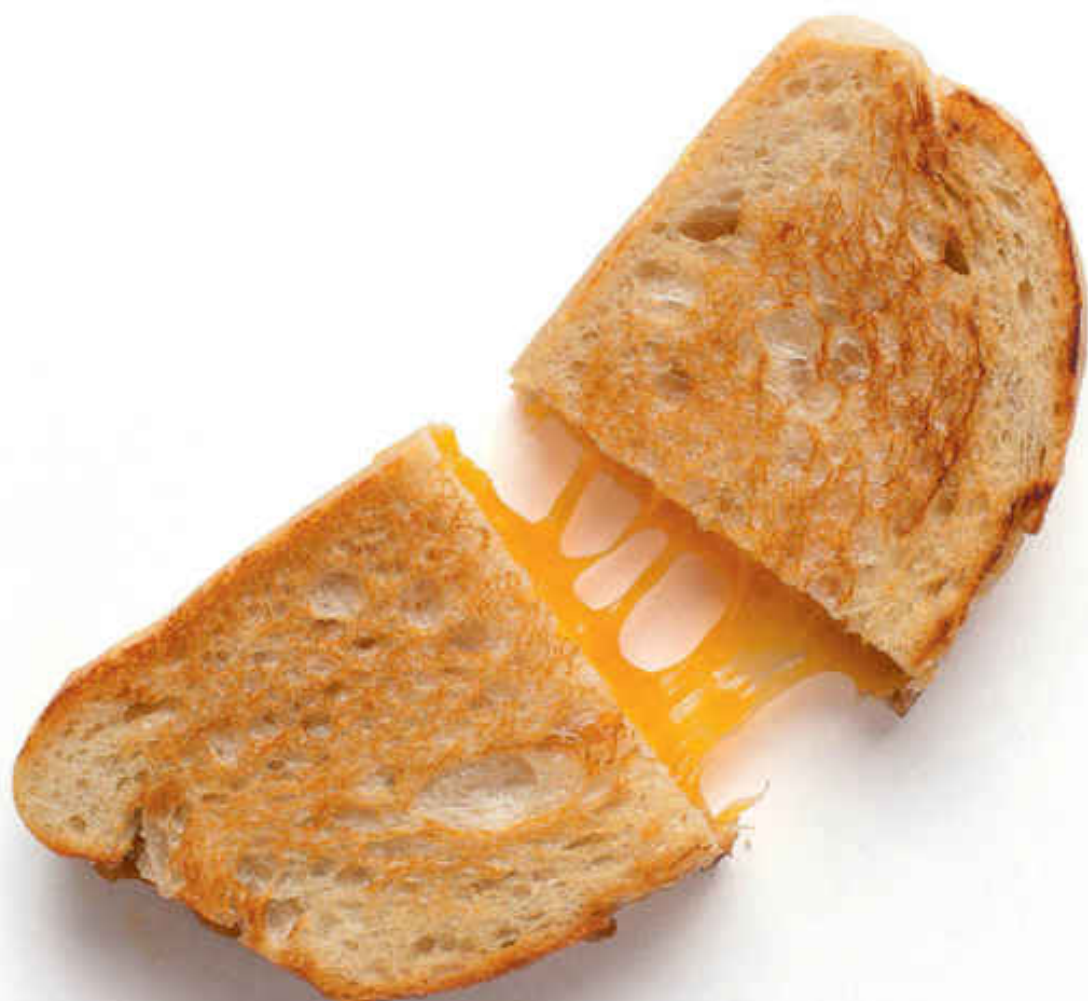


Toasty Melts



Makes 1 sandwich

On chilly or rainy weekends, it's fun to cook up a classic hot lunch. Here's a basic recipe for grilled cheese that you can jazz up with different cheeses, breads, and fillings (see **Creative Cooks!** for ideas).



HERE'S WHAT YOU NEED

- **2** slices bread
- Butter, for the bread
- **1** or 2 slices cheese

HERE'S WHAT YOU DO

- 1.** Heat a griddle or frying pan over medium heat. Butter one side of a piece of bread and place it butter side down in the pan. Add the cheese. Butter the second slice of bread and place it butter side up on the sandwich.



- 2.** Cook until the bottom slice is light brown and the cheese is melting, then flip the sandwich, and cook

on the other side until light brown. Slice in half and serve right away.



CREATIVE COOKS!

Tasty Toasty Combos

Try these variations on melted cheese sandwiches.

- Sliced apples or pears and Cheddar cheese
- Mozzarella, tomatoes, and pesto (see **Perfect Pesto!** for a pesto recipe)
- Bacon, avocado, and Muenster cheese
- Cheddar, horseradish, and roast beef
- Ham, Swiss cheese, and Dijon mustard



Italian Panini



Makes 1 panini

If you have a sandwich press, turn your kitchen into an Italian bistro and cook up a panini for lunch. This combo uses salami, mozzarella, and green bell pepper, but feel free to mix and match (see **Creative Cooks!** ! above).



HERE'S WHAT YOU NEED

- **2** slices bread
- Olive oil, for the bread
- **1** slice mozzarella cheese
- **1-3** slices salami
- **3** thin slices green bell pepper

HERE'S WHAT YOU DO

- 1.** Have an adult show you how to plug in and warm up your sandwich press. You can read the manual, if you have it. Brush one side of each slice of bread with olive oil.



- 2.** Place one slice, oil side down, in the sandwich press. Add the cheese, salami, and green bell peppers. Top with the second slice of bread, oil side up.



3. Close the press and cook until the cheese melts.
(Some sandwich presses have a light that turns on when the sandwich is ready.)



Quiche Cupcakes



Makes 12 mini quiches

Preheat the oven to 350° F (180° C).



These yummy quiches are easy to prepare. Pack them in your lunch box with some veggies for a delicious, nutritious lunch.



HERE'S WHAT YOU NEED

- **3** eggs
- **3** tablespoons milk
- **$\frac{1}{4}$** teaspoon salt
- Vegetable oil, for the muffin tins
- **2** tablespoons chopped cooked ham
- **1** tablespoon chopped tomatoes
- **1** tablespoon chopped green bell pepper or fresh spinach
- **2** fresh basil leaves, chopped
- **$\frac{1}{2}$** cup grated cheese (your favorite)

HERE'S WHAT YOU DO

- 1.** Crack the eggs and whisk them together in a large measuring cup. Mix in the milk and salt.



- 2.** Line the bottoms of a mini muffin tin with paper liners. Lightly spray or brush the bottom of the liners with oil to prevent the egg mixture from sticking.



3. Fill each cup with a bit of ham, tomatoes, green bell peppers or spinach, and basil.



4. Top with the grated cheese.



5. Pour the egg mixture over the fillings.

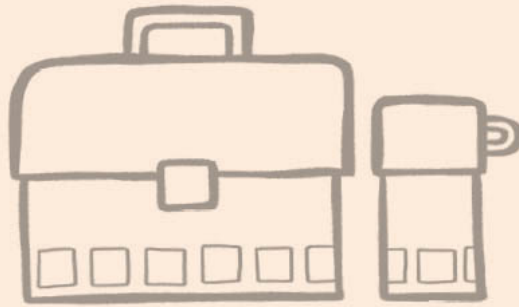


6. Bake in the oven for 10 to 12 minutes. Eat your quiche cupcakes warm or chill them to pack them in your lunch box.



CREATIVE COOKS!

Lunch Box Extras



When you pack your lunch box, add some snacks, treats, and a pinch of fun. Here are some ideas.

- Cherry tomatoes or sliced carrots with **Home On The Ranch Dressing**
- Salad in a jar with **homemade dressing**
- **Easy-Peasy Applesauce**
- **Very Vanilla Pudding**
- **Homemade Tortilla Chips** and **Gorgeous Garden Salsa**
- **Berry Good Smoothies**, packed in a thermos
- **Minty Melon Bubbles**

CHAPTER FOUR

Snack Attack

Hungry for an afternoon snack? Skip the store-bought chips and mix up your own snacks from scratch. In this chapter, you'll find yummy (and healthy!) recipes for homemade versions of your favorite packaged snacks. Try the fruit roll-ups or the chips and salsa. Making snacks can turn into a fun afterschool activity. So when you step off the school bus and you're looking for something to do, head straight to the kitchen!



CHAPTER CONTENTS



Berry Good Smoothies

Minty Melon Bubbles

Apple Monsters!

My Own Microwave Popcorn

Mix-and-Match Trail Mix



Popcorn Balls

We Love Biscuits!

Easy-Peasy Applesauce

Mean Green Guacamole

Gorgeous Garden Salsa



Tortilla Chips from Scratch

Fruit Roll-Ups

Berry Good Smoothies



Makes 2 smoothies

For a quick, delicious snack, mix up your own smoothies. This recipe calls for frozen mixed berries (strawberries, blueberries, and raspberries) and fresh bananas. But you can substitute many other fruits: try peaches, mangoes, or melon.



HERE'S WHAT YOU NEED

- **$\frac{3}{4}$** cup frozen mixed berries
- **1** ripe banana, cut into 1-inch pieces
- **1** cup vanilla, strawberry, or blueberry yogurt
- **1** cup milk
- Whipped cream, optional

HERE'S WHAT YOU DO

- 1.** Put the berries, banana, yogurt, and milk in a blender.



- 2.** Put on the lid, then blend until smooth and purple. It may take a couple of rounds before all the fruit is ground up.



- 3.** Pour into glasses, add a squirt of whipped cream, and serve with a straw and a paper umbrella for an extra-fancy treat!



Smoothie Stand

On a hot day, skip the lemonade and sell smoothies instead!



- First, put a table in your front yard where an extension cord can easily reach (ask an adult for help).
- Make a colorful Smoothie Stand sign – and be sure to include the price you’re charging for your smoothies.
- Gather cups and straws and a box for keeping the money.
- Put the smoothie ingredients in a cooler with ice.
- Plug in your blender.
- Post your sign and you’re ready for business!

Tip: You can donate a portion of your sales to a charity of your choice. Love dogs? Write on your sign that you’re raising money for your local animal shelter!



Minty Melon Bubbles



Make 4 cups

You'll have a ball making this fresh fruit snack with a melon baller. If you don't have one of these handy kitchen tools, pick one up at a kitchen supply store, department store, or the kitchen section of a large grocery store. Or you can cut up the melon into small chunks and call them Minty Melon Blocks instead!



HERE'S WHAT YOU NEED

- **1** cantaloupe
- **1** honeydew melon
- **1/2** small watermelon
- **5** sprigs fresh mint
- Melon baller

HERE'S WHAT YOU DO

- 1.** Have an adult help you cut the melons in half. Using the melon baller, scoop out balls of the fruit into a large bowl until you have about 4 cups.
- 2.** Wrap the leftover melon and store in the refrigerator.
- 3.** Finely chop the mint leaves to get 2 to 4 tablespoons (depending on how minty you want the melon to taste). Stir the chopped mint into the melon balls.
- 4.** Spoon the fruit into cups. Add an extra sprig of mint as a garnish.

Apple Monsters!



Makes 4 monsters

Here's a scary snack idea. Set up a build-your-own monster station at your kitchen table with fresh and dried fruits, nuts and seeds, and a bunch of toothpicks. Invite some friends over to join in your Frankenstein fun.



HERE'S WHAT YOU NEED

- **4** apples
- **1** cup assorted nuts and seeds, such as sunflower and pumpkin seeds and sliced almonds
- **8** dried apple rings
- **1½** cup assorted dried fruit, such as raisins and cranberries

SPECIAL EQUIPMENT

- Toothpicks
- Paper umbrellas (optional)

HERE'S WHAT YOU DO

- 1.** Ask an adult to help you cut a wedge out of each apple for the monster's mouth.
- 2.** Press the seeds or nuts in place for crooked teeth.
- 3.** For eyes, use toothpicks to attach apple pieces with raisin or cranberry centers.

My Own Microwave Popcorn



Makes 1¹/₂ cups

Sure, it's easy to pop up some store-bought microwave popcorn. But here's an all-natural version that costs less, tastes better, and is much healthier. Give it a try!



HERE'S WHAT YOU NEED

- **3** tablespoons popcorn kernels
- **1** tablespoon butter
- **$\frac{1}{4}$** teaspoon salt

SPECIAL EQUIPMENT

- Paper lunch bag

HERE'S WHAT YOU DO

- 1.** Place the popcorn kernels in the paper bag. Fold over the top of the bag twice. Microwave for 2 to 3 minutes, or until the popping almost stops. Remove from the microwave.



2. Melt the butter in the microwave on medium power for 30 seconds. Open the bag and pour the butter over the popcorn. Add the salt, close the bag, and shake it all up. Serve right away!



Movie Night

At your next sleepover party or family night, turn your living room into an at-home cinema complete with bags of homemade popcorn. Pick a good movie, get into your pj's, and dig in!



Pop Up Some Flavor!

If you're bored with plain old butter and salt, try these yummy variations instead. Just add the ingredients to your bag of popped corn and give it a good shake.

- **Say Cheese!** Drizzle 1 teaspoon olive oil over the popcorn. Add 1 tablespoon grated Parmesan cheese and $\frac{1}{4}$ teaspoon salt.
- **Taco Popcorn:** Mix 1 tablespoon melted butter with $\frac{1}{2}$ teaspoon chili powder.
- **Sugar and Spice:** Mix 1 tablespoon melted butter with 2 teaspoons sugar and $\frac{1}{2}$ teaspoon cinnamon.
- **Pizza Popcorn:** Mix 1 tablespoon melted butter with $\frac{1}{2}$ teaspoon dried basil and $\frac{1}{2}$ teaspoon dried oregano.



Mix-and-Match

Trail Mix



Whether you're hiking, skiing, or playing soccer, you'll need a high-energy snack to keep you going strong. Mix up your own GORP (which stands for Good Old Raisins and Peanuts), or try one of these variations. Just fill a snack cup or a ziplock plastic bag with your mix and hit the trail.

Just Poppin' In: Dried Apricots + Almonds + Popcorn

Bird Food: Raisins + Pistachios + Granola + Sunflower seeds

Fall Fun Mix: Dried Cranberries + Pumpkin Seeds + White Chocolate Chips

Sports Sweets: Raisins + Mini M&M's + O-shaped Cereal

Monkey Mix: Walnuts + Chocolate Chips + Dried Bananas



Popcorn Balls



Makes about 8 popcorn balls

After you've popped up some popcorn, you can turn it into popcorn balls for a sweet treat to share with friends.



HERE'S WHAT YOU NEED

- **4** tablespoons butter, plus a little more for your hands
- **1** (10-ounce) package mini marshmallows
- **7** cups popped popcorn (about $\frac{1}{4}$ cup kernels) — see popping instructions **here**

HERE'S WHAT YOU DO

- 1.** Melt the butter in a large saucepan over medium-low heat.



- 2.** Add the marshmallows to the pan and stir until they're completely melted. Turn off the heat.



3. Pour the popcorn into the pot and stir well to coat all the kernels.



4. When the popcorn mixture is cool enough to handle, rub a little butter on your hands, grab a handful, and gently pat it into a ball.



- 5.** Set the ball on a plate and repeat with the remaining popcorn until it's all used.



6. Eat right away!

To save them for later, let the balls cool completely, then wrap each one in plastic wrap.



Food Fundraiser

Need an idea for your next school or sports team fundraiser? Set up a bake sale using recipes in this book. Wrap goodies up individually, add a price tag, and watch them fly off the table!

- Sell Popcorn Balls (below) or bags of **My Own Microwave Popcorn**.
- Mix up a few batches of **Grab-and-Go Granola Bars**.
- Bake a batch of **Little Lemon Squares**.
- Serve up some of **Maisie's Carrot Cupcakes**.
- Bag up combos of **Mix-and-Match Trail Mix**.
- Make homemade candies from the **Mix-and-Match Chocolate Factory**.





We Love Biscuits!



Makes 8 to 12 large biscuits

Preheat the oven to 450° F (230° C).



Biscuit dough is a little like Play-Doh. You can shape it, roll it, and cut it up into stars and hearts. The best part is baking your biscuits and eating them warm with butter and a sprinkle of homemade cinnamon sugar. Or try them with some jam or a drizzle of honey.



HERE'S WHAT YOU NEED

- **2** cups all-purpose flour
- **1** tablespoon baking powder
- **1** teaspoon salt
- **5** tablespoons cold butter, plus 2 tablespoons butter, melted
- $\frac{3}{4}$ cup milk
- **My Own Cinnamon Sugar**, for sprinkling

SPECIAL EQUIPMENT

- A pastry cutter or fork
- Cookie cutter

HERE'S WHAT YOU DO

- 1.** Sift the flour, baking powder, and salt into a large bowl.



- 2.** Cut the cold butter into small chunks. Use the pastry cutter or fork to mix the butter into the flour mixture until the dough looks crumbly.



- 3.** Add the milk. Stir until you can't stir anymore, then switch to mixing with your (clean!) hands. The dough will be a little bit sticky, so dip your hands in flour first.



4. Dust your counter with flour. Place the dough on it and knead lightly. Fold the dough in half, press with your palms, then turn and fold again. Do this a few times, until the ball feels smooth.



5. Pat the dough into a large flat circle. It should be about as thick as your finger.



6. Flour the cookie cutter. Cut out the biscuits and place them on an ungreased baking sheet.



7. Press the scraps together, pat into a pancake, and repeat until all the dough is used up.



- 8.** Bake for 12 minutes. Remove from the oven and transfer to a plate.



9. Brush the warm biscuits with melted butter and sprinkle with the cinnamon sugar.



Easy-Peasy Applesauce



Makes about 5 cups

Sure, you've eaten plenty of applesauce, but have you ever tried cooking it up from freshly picked apples? All you need is a pile of apples and a little patience while they cook.



HERE'S WHAT YOU NEED

- **12** medium apples
- **1** cup apple cider or water
- Juice from $\frac{1}{2}$ lemon
- $\frac{1}{2}$ cup sugar
- **2** teaspoons ground cinnamon (optional)

HERE'S WHAT YOU DO

- 1.** Peel, quarter, and core the apples. Chop the quarters into chunks and place them in a large pot. Add the water or cider, lemon juice, sugar, and cinnamon.



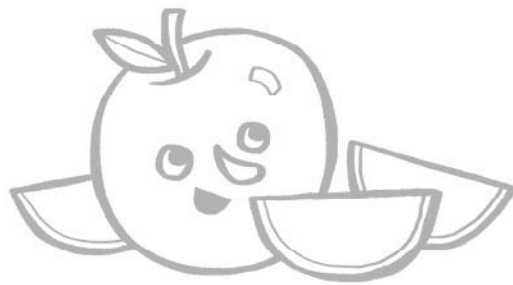
2. Cook the apples over medium heat until they are soft, about 15 to 20 minutes. Stir well with a large spoon or a potato masher to mash up the apples.



3. Cool the applesauce before spooning it into small jars with lids. Store in the refrigerator for up to two weeks.



Pick Your Own



For the freshest, tastiest apples, pick your own right off the tree just like Ruby and Finn. Bring an apple picking bag or basket along with you.

As you pick, don't tug the apples to pull them off the tree. Instead, lift up and gently twist the stem to remove the apple from the branch.



Mean Green Guacamole



Makes 1¹/₂ cups

Smooth, creamy guacamole is easy to make. Just add homemade chips and salsa and invite your friends to a Mexican fiesta!



HERE'S WHAT YOU NEED

- **2** ripe avocados
- $\frac{1}{2}$ lime
- $\frac{1}{2}$ teaspoon salt
- Optional ingredients (see **Creative Cooks!**)

HERE'S WHAT YOU DO

- 1.** Cut the avocados in half and remove the pits (see below). Scoop the flesh into a medium bowl and mash it with a fork or potato masher.
- 2.** Squeeze in the lime juice. Add the salt and any optional ingredients. Stir it all up.
- 3.** Taste the guacamole. Add more salt or lime juice, if you'd like. Serve right away with chips!

HOW TO . . .

Cut an Avocado

- 1.** Start with a ripe avocado. It should feel soft but not too mushy. Cut the avocado in half with a sharp knife, working around the pit (ask an adult for help).



- 2.** Twist the cut avocado into two halves.



3. Pop out the pit with a spoon.



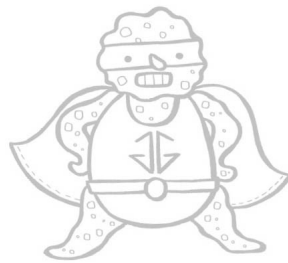
4. Hold one avocado half, cut side up, in the palm of your hand. Using a butter knife, cut long lines down the avocado.



- 5.** Next, cut lines across the avocado, as shown.



- 6.** Scoop out the diced avocado pieces with a spoon into a bowl.



ABOVE: **Here's a cool tip for storing guacamole**, *assuming it isn't all eaten! Keep one of the pits and push it into the container before putting the lid on. It will stay bright green.*

CREATIVE COOKS!

Guacamole Stir-ins

Add a little zesty flavor to your guacamole with one or more of these additions:

- 2 tablespoons salsa
- $\frac{1}{2}$ clove of garlic, crushed
- 2 tablespoons grated Monterey Jack cheese
- 1 tablespoon finely diced onion
- 1 tablespoon chopped fresh cilantro

Gorgeous Garden Salsa



Makes 1 cup

When tomatoes are ready to pick in the garden, try making your own salsa from scratch. This salsa calls for mild chile pepper, but you can use a hotter type if you like more spice or a green bell pepper for a non-spicy version. However you make it, it tastes great scooped up on homemade tortilla chips (see below).



HERE'S WHAT YOU NEED

- **1** large tomato
- **$\frac{1}{2}$** garlic clove
- **1** mild green chile pepper
- **5** sprigs fresh cilantro
- **$\frac{1}{4}$** lime
- Salt
- Tortilla chips, for serving

HERE'S WHAT YOU DO

- 1.** Dice the tomato and put it into a medium bowl. Crush the garlic and add it to the tomato. Mince the chile pepper and add 1 tablespoon to the salsa (you can add more after you taste it in step 4).
- 2.** Finely chop the cilantro. Measure out 2 tablespoons and stir it into the salsa.
- 3.** Squeeze the juice from the lime quarter over the salsa. Add a pinch of salt and stir again.
- 4.** Taste the salsa and add more salt, lime juice, garlic, or chile pepper, if you'd like.

BE CAREFUL: The oil from chile peppers can sting, especially if you rub your eyes or touch your skin. Wear rubber gloves, if you have them. Or, just use caution.

When you cut open the chile, scrape away the seeds before you chop it up. After you finish, wash your hands well with soap!

Tortilla Chips from Scratch



Makes 4 servings

When you run out of tortilla chips, it's easy to make them from real tortillas. Cut the tortillas with a pizza cutter, then fry them up in your own private tortilla chip factory.



HERE'S WHAT YOU NEED

- **4-6** corn tortillas
- **1-2** tablespoons vegetable oil
- Salt

HERE'S WHAT YOU DO

1. Cut the tortillas into triangles with a knife or a pizza cutter. Line a platter with paper towels and set aside.



2. Heat the vegetable oil in a frying pan over medium-high heat. Fry the tortillas for about 1 minute or until light brown. Watch closely, because they cook fast! Use tongs to carefully flip them over and cook the other side.



3. Place the chips on the paper towels. Sprinkle with salt and serve right away.



Fruit Roll-Ups



Makes 12 to 14 pieces

Preheat the oven to 200° F (95° C).



You can make your very own fruit leather with almost any kind of fruit (this recipe uses mixed berries). It takes just a few minutes to mix up the fruit, but several hours to dry it in the oven. So plan to make these on a day when you're hanging around the house.



HERE'S WHAT YOU NEED

- **3** cups berries
- **2** tablespoons honey

HERE'S WHAT YOU DO

- 1.** Line a baking sheet with parchment paper and set aside.



- 2.** Pour the berries into the bowl of a food processor.



3. Add the honey and process until smooth.



4. Pour the fruit over the parchment paper. Evenly spread with the back of a spoon into a thin, large rectangle. Don't leave any super-thin areas or the leather will crack!



- 5.** Bake for 3 to 4 hours, until the fruit feels dry and no longer sticky. Let cool for 2 to 3 hours, until it softens up enough to bend.



6. Peel the fruit leather off the parchment paper and transfer to a cutting board. Cut with a pizza cutter into strips.



- 7.** To store, wrap each ribbon in a strip of plastic wrap, then roll it up.



Fruit 'Staches

Turn your fruit roll-ups into fun shapes by simply cutting them with kitchen scissors. August, Conor, and Chris made mustaches, eyebrows, and even a goatee!



CHAPTER FIVE

Eat Your Veggies

How many times have you heard, "Eat your veggies!" But how many times have you actually cooked up a veggie recipe on your own? When you chop, stir, and prepare salads and other foods made with fresh vegetables, you'll grow to love everything green — and red and orange and yellow. . . . Veggies are not only colorful and nutritious, they also have all kinds of interesting tastes, so you're sure to find some that you like. In this chapter, you'll learn how to make restaurant-style salads, roasted roots, and more veggie dishes that you — and your family — will eat up.



CHAPTER CONTENTS



Veggie World

Salad Dressing Factory



Mix-and-Match Salad Bar

Tiny Tomato Toasts



Roasted Roots

Think Spring Rolls

Iris's Corn & Black Bean Salad

Veggie World



Go ahead and play with your food! Gather a bunch of fresh veggies (carrots, broccoli, bell peppers, cauliflower, summer squash, whatever you like), a paring knife, and a large platter or cutting board. Then, start designing your own landscape with broccoli trees, cauliflower clouds, and carrot flowers. Serve the Veggie World with homemade dressing for dipping. Be creative with your designs — the sky's the limit!



Salad Dressing Factory



Making your own salad dressing is a snap. You just have to measure all the ingredients carefully and stir or shake it up well. Store it in a jar or bottle with a label you've designed yourself or one from the back of the book.

Then toss your dressing with salads or use it as a dip for veggies.

MAPLE MUSTARD DRESSING



Makes 1 cup

HERE'S WHAT YOU NEED

- $\frac{1}{2}$ cup vegetable oil
- $\frac{1}{4}$ cup maple syrup
- $\frac{1}{4}$ cup cider vinegar
- **2** teaspoons Dijon mustard
- **1** garlic clove, crushed
- Salt and black pepper

HERE'S WHAT YOU DO

- 1.** Combine the oil, maple syrup, vinegar, mustard, and garlic in a small jar with a lid.
- 2.** Tighten the lid and shake it all up. Add salt and pepper to taste.
- 3.** Serve it right away, or store in the refrigerator. Serve at room temperature.

CREAMY GORGONZOLA DRESSING



Makes 1 cup

HERE'S WHAT YOU NEED

- $\frac{1}{2}$ cup sour cream
- $\frac{1}{4}$ cup mayonnaise
- **2-3** tablespoons milk
- **1** tablespoon fresh-squeezed lemon juice
- $\frac{1}{4}$ cup crumbled Gorgonzola cheese (or any blue cheese you like)
- Salt and black pepper

HERE'S WHAT YOU DO

- 1.** Mix the sour cream, mayonnaise, milk, and lemon juice in a small bowl until creamy and smooth.
- 2.** Stir in the Gorgonzola and salt and pepper to taste. Serve it right away, or store in a jar in the fridge.

BALSAMIC VINAIGRETTE



Makes 1¹/₃ cups

HERE'S WHAT YOU NEED

- **1** cup olive oil
- $\frac{1}{4}$ cup balsamic vinegar
- **1** garlic clove, crushed
- $\frac{1}{2}$ teaspoon dried herbs (such as basil, tarragon, or thyme)
- Salt and black pepper

HERE'S WHAT YOU DO

- 1.** Combine the oil, vinegar, garlic, and herbs in a small jar with a lid.
- 2.** Tighten the lid and shake it all up. Add salt and pepper to taste.
- 3.** Serve it right away, or store in the refrigerator. Serve at room temperature.

LEMON PARMESAN DRESSING



Makes 1¹/₂ cups

HERE'S WHAT YOU NEED

- **1** cup olive oil
- $\frac{1}{2}$ cup fresh-squeezed lemon juice
- $\frac{1}{2}$ cup Parmesan cheese
- **1** garlic clove, crushed
- Salt and black pepper

HERE'S WHAT YOU DO

- 1.** Combine the oil, lemon juice, Parmesan, and garlic in a small jar with a lid.
- 2.** Tighten the lid and shake it all up. Add salt and pepper to taste.
- 3.** Serve it right away, or store in the refrigerator. Serve at room temperature.

HOME ON THE RANCH DRESSING



Makes 1 cup

HERE'S WHAT YOU NEED

- $\frac{1}{2}$ cup sour cream
- $\frac{1}{2}$ cup mayonnaise
- **2-3** tablespoons milk
- **1** teaspoon white vinegar
- **1** sprig fresh flat-leaf parsley
- **1** sprig fresh dill
- $\frac{1}{2}$ garlic clove, crushed
- Salt and black pepper

HERE'S WHAT YOU DO

- 1.** Stir together the sour cream, mayonnaise, milk, and vinegar in a small bowl.
- 2.** Snip the parsley and dill into tiny pieces with clean scissors. Measure about 1 tablespoon of each into the bowl.
- 3.** Add the garlic, and salt and pepper to taste, and stir. Give it a taste test, and add more salt or herbs, if you'd like. Serve it right away, or store in a jar in the fridge.

Mix-and-Match Salad Bar



Do you like restaurant salad bars? If so, set up your own at home on your kitchen table and invite friends and family to dig in. Anything goes: salad greens, tomatoes, berries and other fruit, smoked turkey or ham, even nuts. Put everything in individual serving bowls. Now hand out plates and watch the salad chefs in action. Here are some combos to chew on:

Waldorf: Oak Leaf Lettuce + Blue Cheese + Apples + Walnuts + Balsamic Vinaigrette

Greek: Romaine Lettuce + Cucumbers + Tomatoes + Olives + Feta Cheese + Balsamic Vinaigrette

Cobb: Bibb Lettuce + Cheddar Cheese + Bacon + Hard-Boiled Eggs + Turkey + Tomatoes

Garden: Ranch Dressing + Mesclun Greens + Tomatoes + Grated Carrot + Mushrooms + Chives

Strawberry-Spinach: Spinach + Strawberries + Sliced Almonds + Maple-Mustard Dressing



Tiny Tomato Toasts



Makes about 2 dozen

Preheat the oven to 350° F (180° C).



This appetizer, also known as bruschetta, is made of toasted bread that's topped with tomatoes. Bruschetta comes from the Italian *bruscare*, meaning "to roast over coals." This refers to the bread, not the toppings. It's a tasty snack anytime and fancy enough for a party.



HERE'S WHAT YOU NEED

- **12** cherry tomatoes
- **1** clove garlic, crushed
- **3** tablespoons olive oil
- **1** teaspoon balsamic vinegar
- **6** basil leaves
- Salt and pepper
- **1** baguette
- Sea salt
- Freshly ground black pepper

HERE'S WHAT YOU DO

- 1.** To make the tomato topping, cut the tomatoes into quarters and put them in a bowl.



- 2.** Add the garlic, 1 tablespoon of olive oil, balsamic vinegar, and chopped basil. Stir well, then add salt and pepper to taste. Set aside.



- 3.** Ask a grownup to help you slice the baguette into $\frac{1}{2}$ -inch slices and arrange them on a baking sheet. Measure the remaining 2 tablespoons of olive oil into a small bowl. Add a pinch of salt. Paint the oil on the bread on both sides with a pastry brush.



4. Bake until the bread is lightly toasted, about 7 minutes per side. Use tongs to turn the bread over once during baking. Put the toasts on a serving platter and spoon the topping onto each toast just before serving.



Or you can place the tomato topping in a bowl with a spoon so people can serve themselves.



CREATIVE COOKS!

More Tiny Toast Toppings!

Not a fan of tomatoes? Try any of these other toppings on your toast:

Cucumber Dream Cream Cheese + Cucumber Slice + Chopped Mint

Mexican Munch Avocado Slice + Diced Red Pepper + Squeeze of Lime Juice

French Favorite Butter + Radish Slice + Chopped Chives

Sweet Snack Apple or Pear Slices + Crumbled Blue Cheese + Honey

CUCUMBER
DREAM



MEXICAN
MUNCH



FRENCH
FAVORITE



SWEET
SNACK



Here We Grow!

Do you have a garden at your home or school? If so, offer to help water, weed, and pick fresh veggies for the recipes in this book. (This is Maisie's backyard garden and she's picking with Adia and Theo.)

If you don't have a garden, talk to your parents or your teacher about starting one. Digging and planting in the soil are fun, and gardening is a great way to grow to love fresh veggies, fruits, and herbs. Garden foods taste yummy in recipes, plus they'll inspire some cooking creations in the kitchen.

For more information on how to get growing, contact **EdibleSchoolYard.org** or **Kidsgardening.org**.



HOW TO . . .

Give Veggies a Bath!



Are your beets, carrots, potatoes, and lettuces covered in dirt? After you dig them from the garden or buy them at a farmer's market, brush off any loose dirt before you bring them into the house. Then head straight to the kitchen sink for bath time!

Tomatoes, peppers, cucumbers, and the like. Put garden-fresh veggies into a colander set in the sink. Rinse them with running water — a spray attachment is handy, if you have one.



Root veggies (such as beets, potatoes, and carrots). Grab a vegetable scrub brush, turn on the faucet, and scrub away. Don't be afraid to scrub hard! You'll want to peel carrots, beets, and some other (but not all!) root veggies before you use them in recipes.



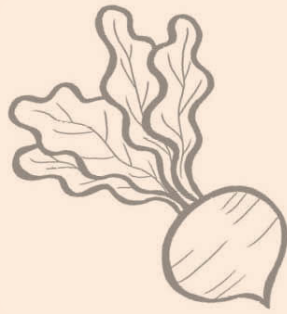
Lettuce, spinach, kale, and other leafy greens.

Remove the outer leaves from head lettuce and tear the rest into bite-size pieces. You may need to swish lettuce and spinach leaves around in a bowl of water to loosen the dirt before using a salad spinner to get rid of the water. Run large leaves like kale and chard under the faucet, making sure to rinse all the crinkles.



CREATIVE COOKS!

Beets? Yuck!



Don't like beets? You might change your mind after you try them roasted in this recipe. Or you can skip the beets and choose one of these suggestions instead. Just be sure to cut everything into chunks of about the same size, so they all cook evenly.

- Carrots
- Sweet potatoes
- Parsnips
- Leeks
- Cabbage
- Brussels sprouts
- Cauliflower
- Turnips

- Red peppers

Just one bite! Don't be afraid to try a new veggie. To be a good cook, you have to learn the flavors of lots of different ingredients. Start your food adventure by tasting just one bite of as many veggies as you can. The more foods you try, the better a chef you'll be.

And if you don't like something at first, try it again in a few months. You might be surprised at how your tastes change.



ABOVE: *When brothers Phin and Caleb tried parsnips for the first time, they liked them!*

Roasted Roots



Makes 4 to 6 servings

Preheat the oven to 425° F (220° C).



Roasting, or baking in a hot oven, is one of the easiest ways to cook veggies, and it makes them extra delicious. You can roast just about any kind of vegetable. This recipe calls for root veggies, which are beets and other vegetables that grow underground. Add or subtract vegetables from the ingredient list as you like. (Tip: For homemade tater tots, cook just the potatoes and garlic.)



HERE'S WHAT YOU NEED

- **4** medium potatoes
- **2** medium beets
- **2** green bell peppers
- **1** medium onion
- **3** garlic cloves
- **2-3** tablespoons olive oil
- **1** teaspoon salt

HERE'S WHAT YOU DO

- 1.** Peel the potatoes and beets. Cut the potatoes, beets, green bell peppers, and onion into 1-inch chunks. Thinly slice the garlic.



- 2.** Place all the veggies on a large baking sheet. Drizzle with the olive oil and sprinkle with the salt.



3. Toss with your (clean!) hands. Arrange in a single layer. Roast the veggies for about 45 minutes, until lightly browned and soft inside. Stir them every 15 minutes or so with tongs or a spatula.



Think Spring Rolls



Makes 6 to 8 servings

For a no-cook dinner on a hot night, try this Vietnamese favorite. Fill papery rice rounds with lettuce, grated carrot, and fresh herbs. (You can buy the rounds in the international section of most grocery stores.) Roll them up, step back, and watch them disappear!



HERE'S WHAT YOU NEED

- **1** head Boston lettuce, chopped
- **2** carrots, grated
- **10** sprigs fresh mint, finely chopped
- **10** sprigs fresh cilantro, finely chopped
- **1** cup cooked chopped shrimp, tofu, chicken, or pork, optional
- **12** spring roll wrappers
- **2-3** tablespoons hoisin sauce
- $\frac{1}{4}$ – $\frac{1}{2}$ cup chopped peanuts, optional
- Dipping sauce, for serving (recipe below)

HERE'S WHAT YOU DO

- 1.** Lay out the lettuce, carrots, mint, cilantro, and shrimp or other protein on a large plate or cutting board.



- 2.** Fill a pie plate with warm tap water. Soak one spring roll wrapper until soft, about 30 seconds.



3. Working with the rice paper wrappers can be a little tricky (and sticky!) at first, but with a little practice, you'll soon get the hang of it. It's cool to see the sheets transform from crisp wafers to slippery wrappers!



4. To assemble a roll, place the softened wrapper on a cutting board and top with the lettuce, carrots, mint, cilantro, and shrimp or other protein. Add a teaspoonful or so of hoisin sauce and sprinkle with some peanuts, if you like.



5. Fold the sides in and roll the wrapper up around the filling as shown. Set it aside and repeat soaking and filling the wrappers until you've used up all the wrappers and filling. Cut the spring rolls in half. Serve with the dipping sauce.



Dipping Sauce

Makes about $\frac{3}{4}$ cup

HERE'S WHAT YOU NEED

- $\frac{1}{4}$ cup smooth peanut butter
- $\frac{1}{4}$ cup hot water
- **2** tablespoons soy sauce
- **2** tablespoons honey
- **2** tablespoons fresh-squeezed lime juice

HERE'S WHAT YOU DO

Whisk together the peanut butter and water in a small bowl until smooth. Add the soy sauce, honey, and lime juice and whisk again.



Iris's Corn & Black Bean Salad



Makes 6 to 8 servings

This recipe, from 12-year-old Iris, has loads of corn, tomatoes, and other veggies that come from her family's farm share (that's a weekly box of seasonal vegetables from a local farm). Iris likes to serve this salad with tortilla chips on the side. She also recommends putting it in burritos or topping nachos with it.



HERE'S WHAT YOU NEED

- **2** avocados, pitted, peeled, and diced (see **here**)
- Juice of 1 lime
- **1** (15.5-ounce) can black beans
- **2** cups frozen or fresh corn (thawed if frozen)
- **1** tomato, diced
- **1** red or green bell pepper, diced
- **3** garlic cloves, crushed
- **2** tablespoons chopped fresh cilantro
- **1** teaspoon cumin
- **1** teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper

HERE'S WHAT YOU DO

- 1.** Put the diced avocados in a large bowl and pour the lime juice over them. Toss gently to coat.



- 2.** Open the can of black beans. Rinse and drain the beans in a colander, in the sink. Add them to the bowl with the avocados.



3. Add the corn, tomato, bell pepper, garlic, cilantro, cumin, salt, and pepper.



4. Stir well. Chill until ready to eat!



1st Place Winner!



Iris's recipe won first place in a kids' cooking contest at buylocalfood.org. The rules? She had to cook up a recipe with fresh, local ingredients. Congrats, Iris!



HOW TO . . .

Prepare Fresh Corn

Fresh corn tastes best in Iris's salad. Pull off the green husk, pick off the silk, and break off the stalk end. It's a good idea to shuck it outside where you don't have to worry too much about cleaning up all those silky threads.



Cook the cobs in boiling water for just a couple of minutes.

When the cobs are cool, carefully cut the kernels off with a knife on a cutting board. Or, try this trick: Put the cob in the tube of a Bundt pan to hold it steady while you cut!



CHAPTER SIX

My First Dinners

What's for dinner? Your parents would probably be thrilled if you offered to cook your family dinner! Shoo them out of the kitchen and look for a recipe to make. On the following pages, you'll find recipes for favorite restaurant foods (see **Sushi! California Rolls** and **Fantastic Fish Tacos**). You'll also find healthy versions of fast foods (see **Super Sliders** and **Popcorn Chicken**). When your dinner's ready to serve, light the candles and call everyone down to a family dinner, compliments of the chef!



CHAPTER CONTENTS



Bow-Tie Pasta with Tomatoes, Basil & Fresh Mozzarella

Perfect Pesto!



Cheesy Bean Quesadillas

Nutty Noodles

Popcorn Chicken

Mix-and-Match Pizza Party



Super Sliders

Sushi! California Rolls

Fantastic Fish Tacos

Excellent Egg Rolls

Bow-Tie Pasta with Tomatoes, Basil & Fresh Mozzarella



Makes 4 servings

Here's an easy, no-cook pasta sauce. (But don't forget to cook the pasta!) This recipe calls for bow-tie pasta, but you can use any fun shape that you like. You can also eat it without the noodles as an appetizer (in Italian, this salad is called *insalata caprese*). Or try it on some toasted Italian bread.



HERE'S WHAT YOU NEED

- **1½** pound fresh mozzarella
- Small bunch of fresh basil
- **¼** cup olive oil
- **2** large ripe tomatoes, chopped
- **1** garlic clove, crushed
- **1** teaspoon salt
- **1** (1-pound) box bow-tie pasta
- Freshly grated Parmesan cheese, for serving

HERE'S WHAT YOU DO

- 1.** Cut the mozzarella into bite-size pieces and place in a large serving bowl.
- 2.** Snip the basil leaves with clean scissors and measure about $\frac{1}{3}$ cup into the bowl.
- 3.** Add the olive oil, tomatoes, garlic, and salt to the bowl. Stir well and add more salt to taste. Set aside while you cook the pasta to let the flavors blend together.
- 4.** Have an adult help you cook the pasta (see **How to Cook Pasta**). Drain, then toss the warm noodles with the mozzarella and tomatoes.
- 5.** Serve on plates, and garnish with any remaining basil, if you like. Pass the Parmesan cheese, please!

Perfect Pesto!



Makes 1 cup

Summer is the perfect time to make Perfect Pesto! Serve it up fresh on pasta. It tastes great on homemade pizza, too. Make extra to store in the freezer to enjoy in the winter months.



HERE'S WHAT YOU NEED

- **2** cups fresh basil leaves
- $\frac{1}{4}$ cup pine nuts, walnuts, or sunflower seeds
- **1** garlic clove, crushed
- $\frac{3}{4}$ cup olive oil
- $\frac{1}{2}$ cup grated Parmesan cheese
- **1** teaspoon salt
- Cooked pasta, for serving

HERE'S WHAT YOU DO

- 1.** Put the fresh basil leaves, pine nuts or other nuts, and crushed garlic into a food processor. Blend until the leaves are all chopped up.
- 2.** Pour the olive oil into the top of the food processor with the motor running. Turn off the motor and scrape the sides, then add the Parmesan cheese and salt. Process until smooth.
- 3.** Toss it with cooked pasta (see **How to Cook Pasta**), and serve.

PASTA SHAPES

Pasta comes in all shapes and sizes. Take a look at the classic pasta shapes on this page, then check to see what you have in your own kitchen cupboard. When you cook, be sure to check the cooking times listed on the box. The time will vary depending on the thickness and variety of the pasta.



ABOVE: *Top to Bottom. Angel Hair, Ziti (tubes), Rotini (spirals), Fettucine (little slices), Penne (feathers), Farfalle (butterflies).*

HOW TO . . .

Cook Pasta

- 1.** Fill a large pot with water. Bring it to a boil over high heat. The large pot is important so that the pasta has plenty of room to cook and doesn't stick together. When the water begins to boil, add 1 teaspoon salt.



- 2.** Carefully add the pasta and bring the water back to a boil. Lower the heat to medium-high. Stir frequently during the first few minutes and occasionally at the end.



3. Set the timer. Look on the box for the recommended cooking time for the type of pasta you are cooking; linguine, shells, and fettuccine, for example, have very different cooking times.



4. When the timer goes off, give it a taste test. If you like the texture, drain the pasta (or ask an adult to do it for you). To do this, set a colander in the sink and carefully carry the pot over to the sink. Be sure no one is standing in the way! Practice doing this with adult supervision a few times, as carrying hot water can be dangerous. Toss the drained pasta immediately in your sauce and serve.



CREATIVE COOKS!

The Secret's in the Sauce

Serve your freshly cooked pasta with any of these sauces.

- **Pesto**
- **Tomatoes, basil, and mozzarella**
- Marinara and meatballs
- Butter and Parmesan cheese
- Olive oil, sautéed garlic, and salt
- Alfredo sauce and bacon
- **Peanut sauce**

Tip: Reserve 1 cup of pasta water from the pot. That way, if your pasta gets too sticky or your sauce needs thinning, you can add a splash of pasta water without diluting the flavor.



Cheesy Bean Quesadillas



Makes 4 quesadillas

For a quick school night supper, cook a batch of these cheesy quesadillas. Serve them with **Gorgeous Garden Salsa** and **Mean Green Guacamole**.



HERE'S WHAT YOU NEED

- **8** flour tortillas
- **1** (15.5-ounce) can refried beans
- **1½** cups shredded Monterey Jack cheese
- **1½** teaspoons butter

HERE'S WHAT YOU DO

- 1.** Place a tortilla on a plate or cutting board. Add a few spoonfuls of refried beans and spread them out with the back of the spoon. Sprinkle evenly with some of the grated cheese. Place a second tortilla on top.



2. Melt the butter in a skillet or griddle over medium heat. Place a quesadilla in the skillet. Cook until the cheese begins to melt and the bottom tortilla is light brown.



3. Flip and cook on the other side until light brown. Repeat with the rest of the ingredients to make three more quesadillas.



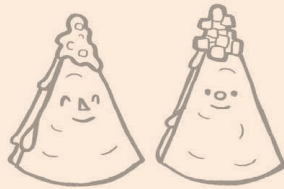
4. Remove the quesadilla from the pan and place on a cutting board. Use a pizza cutter to cut it into wedges.



5. Arrange the wedges on a plate and serve with salsa and/or guacamole.



Crazy Quesadillas



Flower Fun: Arrange the quesadilla wedges like petals around a tiny bowl of salsa. Add a cilantro leaf stem.

Flutter Away: To make a butterfly, cut the quesadilla in half. Add an olive head, cilantro stem antennae, and some corn and tomato spots.

FLOWER
FUN



FLUTTER
AWAY

Nutty Noodles



Makes 4 to 6 servings

Make these restaurant-style noodles at home with this easy recipe. You can buy Chinese noodles in the refrigerator section of most grocery stores.



HERE'S WHAT YOU NEED

- **1** pound Chinese noodles
- $\frac{1}{4}$ cup creamy peanut butter
- $\frac{1}{2}$ cup warm water
- $\frac{1}{4}$ cup soy sauce
- **1** tablespoon peeled and chopped fresh gingerroot
- **1** garlic clove, crushed

HERE'S WHAT YOU DO

- 1.** Cook the noodles according to the package directions. Drain and rinse with cold water.



- 2.** In a large bowl, use a fork or whisk to stir the peanut butter with the water until it is creamy.



3. Stir in the soy sauce, ginger, and garlic.



4. Add the noodles to the bowl. Toss well and serve with toppings on the side (see **Creative Cooks!**).



HOW TO . . .

Use Chopsticks

Hold one stick in the crook of the thumb with it resting on the third finger.



The other stick is held between the tip of the thumb and the first two fingers.



Practice bringing the two sticks together while picking up Nutty Noodles, just like Ernie!

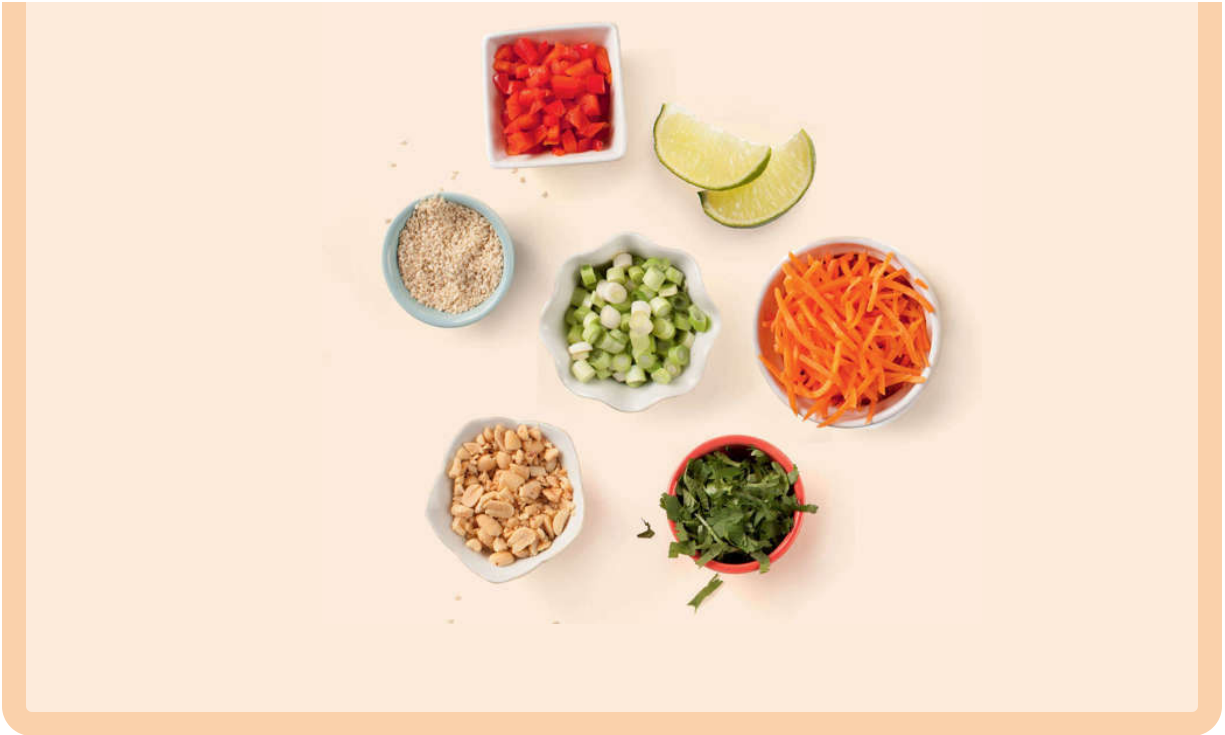


CREATIVE COOKS!

Peanut Noodle Toppings



- Grated carrot
- Scallions (sliced into rounds)
- Cucumber (peeled, seeded, and thinly sliced)
- Chopped roasted peanuts
- Toasted sesame seeds
- Steamed edamame
- Steamed broccoli florets
- Fresh-squeezed lime juice
- Thinly sliced green or red bell peppers



Popcorn Chicken



Makes 4 servings

Don't chicken out! It's easy to make your own fried chicken bites for dinner. Instead of the usual old chicken fingers, though, make your meal extra fun by cutting the chicken into bite-size chunks to make Popcorn Chicken to dunk into different sauces.



HERE'S WHAT YOU NEED

- **1** pound boneless, skinless chicken breast, cut into 1-inch pieces
- **1** egg
- **2** tablespoons milk
- $\frac{1}{2}$ teaspoon salt
- Pinch of black pepper
- **1** $\frac{1}{2}$ cups seasoned bread crumbs
- **2** tablespoons olive oil

HERE'S WHAT YOU DO

- 1.** Put the chicken pieces in a bowl. Mix up the egg, milk, salt, and pepper in another bowl. Pour the bread crumbs into a third bowl.



- 2.** Line up the three bowls. Dip each piece of chicken first into the egg wash, then into the bread crumbs.



3. When all the pieces are coated, heat the olive oil in a large skillet over medium-high heat.



4. Add the chicken and cook until golden, about 3 minutes on each side.



5. Transfer the cooked chicken to a serving plate. Set it out a variety of dipping sauces and dive in!



CREATIVE COOKS!

Take a Dip!

Serve your chicken fingers with one of these tasty dips.

Honey-Mustard Sauce: Mix together $\frac{1}{8}$ cup mustard with 1 to 2 tablespoons honey.

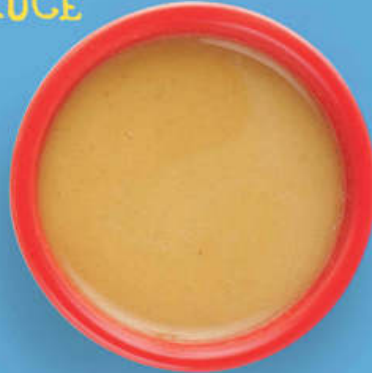
Buffalo Sauce: Whisk 3 tablespoons melted butter with 1 teaspoon cayenne pepper. Mix in 2 teaspoons white vinegar and a pinch of salt.

Curry Mayo: Mix $\frac{1}{2}$ cup mayonnaise with 1 tablespoon curry powder and 1 to 2 teaspoons milk until creamy.

Tip: You can also use these dips with veggies!



HONEY-MUSTARD
SAUCE



BUFFALO
SAUCE



CURRY
MAYO



Mix-and-Match

Pizza Party



Keep your party simple by starting with store-bought pizza dough. Bring the dough to room temperature, then flatten it on an oiled baking sheet. Spread with tomato sauce and add your favorite toppings. Bake for 15 to 20 minutes in an oven preheated to 400°F (200°C). Slice it up and enjoy!

Here, Kitty-Kitty Pizza: Pizza Dough + Tomato Sauce + Pepperoni Whiskers + Olive Eyes & Nose

Plain and Simple Pizza: Pizza Dough + Tomato Sauce + Shredded Mozzarella

Pizza Self-Portraits: Pizza Dough + Tomato Sauce + Assorted Veggies

Margherita Pizza: Pizza Dough + Fresh Basil + Tomato Sauce + Fresh Mozzarella

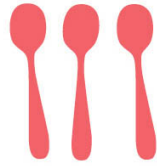


Dinner Table Fun

Make the dinner table talk fun with a conversation jar. Print and cut out the cards located here <http://whol.st/cc-place-cards>. Make up a few more of your own if you like. Place them in a jar and add a label that says "Table Talk!" Now take turns reaching in and answering the questions, like "If you had a kitchen super-power what would it be?"



Super Sliders



Makes 4 servings

Mix up a batch of mini burgers — also known as sliders — with a few easy ingredients. Have an older sibling or a grown-up help you grill the burgers outside. Serve them on dinner rolls, add toppings, and pass the ketchup!



HERE'S WHAT YOU NEED

- **1½** pounds ground beef
- **1** egg
- **½** cup bread crumbs
- **1** garlic clove, crushed
- **2** teaspoons dried oregano
- **½** teaspoon salt
- **8** small slices cheese (your favorite), optional
- **8** dinner rolls

SLIDER TOPPINGS:

- Pickles
- Ketchup
- Lettuce
- Tomato slices
- Bacon
- Chopped onion
- Relish



HERE'S WHAT YOU DO

1. Put the ground beef, egg, bread crumbs, garlic, oregano, and salt into a large bowl.



2. Mix everything together with your (clean!) hands or a wooden spoon.



3. Shape the meat mixture into 8 patties. Wash your hands again!



4. Heat the grill to medium-high. When it's nice and hot, grill the burgers for about 3 minutes on each side. (Tip: Use a long-handled grill spatula for flipping the sliders.)



5. To make cheeseburgers, if you like, top with mini slices of cheese after you flip the burgers. Let the cheese melt for a minute or two while the burgers finish cooking.



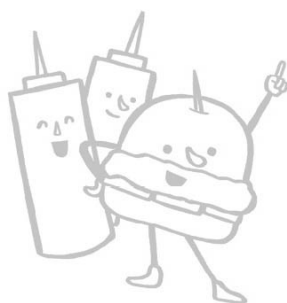
6. Cut the dinner rolls in half and place a burger on each one. Put the burgers on a serving platter.



7. Serve the burgers and let everyone pile on the toppings. Pass the ketchup, please!



Slider Café!



Looking for a little neighborhood fun? Open up a slider restaurant on your back deck, like Phin did for his friends Brady and Arianna. Set up a table with colorful paper plates and napkins. Grab a pad of paper and take orders. Cook the sliders, then serve them up with a fun flag (find them here <http://whol.st/cc-recipe-cards>).



Sushi! California Rolls



Makes 8 rolls

You don't have to go out when you're craving sushi for dinner. Stock up on nori seaweed, sushi rice, and a bamboo mat in the Asian section of your grocery store and try making it at home. Are you ready to roll?



HERE'S WHAT YOU NEED

- **1** cucumber
- **4** sticks imitation crabmeat (also called surimi)
- **1** avocado
- **3** tablespoons rice vinegar
- **1½** teaspoons sugar
- **¼** teaspoon salt
- **4** cups cooked sushi rice, made a day in advance (2 cups uncooked)
- **4** sheets nori
- Toasted sesame seeds
- Soy sauce, wasabi, and pickled ginger, for serving

SPECIAL EQUIPMENT

- Bamboo sushi mat

HERE'S WHAT YOU DO

1. Cut the cucumber lengthwise into spears. Cut the crab sticks into small strips. Slice the avocado into $\frac{1}{4}$ -inch-thick pieces (see **here**). Set ingredients on a large platter.



2. Mix the rice vinegar, sugar, and salt in a small bowl. Pour it over the cooled sushi rice and stir to combine.



3. Cover both sides of a bamboo sushi mat with plastic wrap. Cut the nori sheets in half lengthwise and lay one piece on the mat, shiny side down.



4. Dip your hands into a bowl of warm water to prevent the rice from sticking to them, and pick up a handful of the rice about the size of baseball. Evenly spread the rice onto the nori, leaving a small uncovered area around the edges.



5. Sprinkle the rice with some sesame seeds. Flip the nori over carefully so that the rice side is against the mat.



6. Place a few pieces each of the crab sticks, avocado, and cucumber onto the nori, about 1 inch from the edge closest to you.



6. Roll up the sushi by slowly folding the mat over the filling, pushing gently to form it into a log. Don't roll the sushi mat under as you press. Lift the mat and move it forward as you roll up the sushi.



7. Continue rolling and pressing slightly until you form a log. Repeat with the remaining ingredients to make 8 rolls.



8. Cut each roll into 6 pieces. For easy slicing, dip the knife in hot water first. Serve the sushi on plates with soy sauce, wasabi, and pickled ginger on the side.



Fantastic Fish Tacos



Makes 8 to 10 tacos

Preheat the oven to 300° F (150° C).



This Tex-Mex favorite starts with a rub — a simple spice mix that you spread on the fish before you cook it. You can also spread the rub on steak or chicken. Once it's cooked, wrap up the fish in warm corn tortillas and add your favorite toppings.



HERE'S WHAT YOU NEED

- **1** tablespoon chili powder
- **1** tablespoon cumin
- $\frac{1}{2}$ teaspoon salt
- **1** pound haddock or other firm white fish
- **2** tablespoons vegetable oil
- Toppings (see **Creative Cooks!** below)
- **8-10** corn tortillas

HERE'S WHAT YOU DO

- 1.** Mix the chili powder, cumin, and salt on a large plate. Cover both sides of the fish with the spice mixture.



- 2.** Heat the oil in a large skillet over medium-high heat. Add the fish and cook on both sides until white in the center. The time will vary depending on the thickness of the fish, but it should be 2 to 3 minutes per side.



3. Remove the fish from the skillet and place on a serving plate. Let it cool slightly, then gently pull it apart into shreds or chunks with a fork.



4. Wrap the tortillas in aluminum foil and warm them in the oven for about 10 minutes.



5. Set a variety of toppings out in bowls and let everyone create their own combinations.



CREATIVE COOKS!

Taco Topping Bar

These toppings make delicious additions to your fish tacos. Choose any combo you like — Sophie likes extra cheese!

- Shredded cabbage
- Grated Monterey Jack cheese
- **Iris's Corn & Black Bean Salad**
- **Gorgeous Garden Salsa**
- **Mean Green Guacamole**
- Chili-lime cream: In a small bowl, stir together $\frac{1}{2}$ cup sour cream, 2 teaspoons fresh-squeezed lime juice, $\frac{1}{2}$ crushed garlic clove, $\frac{1}{2}$ teaspoon chili powder, and salt to taste.



Excellent Egg Rolls



Makes 12 egg rolls

Do you like to order egg rolls at Chinese restaurants? If so, try making them at home. You can find egg roll wrappers in the refrigerated section of most grocery stores.



HERE'S WHAT YOU NEED

- **1** tablespoon vegetable oil, plus $\frac{1}{4}$ cup for frying
- **2** teaspoons sesame oil
- **2** garlic cloves, finely chopped
- **1** tablespoon peeled and chopped fresh gingerroot
- **1** (1-pound) container firm tofu, cubed
- **4** cups thinly sliced green cabbage (about 1 small head)
- **1** cup grated carrot (about 3 carrots)
- **2** tablespoons soy sauce, plus more for dipping
- **1** (1-pound) package square egg roll wrappers

HERE'S WHAT YOU DO

1. Heat the 1 tablespoon vegetable oil and the sesame oil in a large skillet over medium-high heat. Add the garlic and ginger and cook for about 1 minute.



2. Add the tofu, cabbage, and carrots. Cook, stirring often, until the veggies are soft, about 10 minutes. Then stir in the soy sauce. Turn off the heat and let cool.



3. Lay an egg roll wrapper diagonally on a cutting board. Spread the filling onto the center of the wrapper, leaving room on the edges. Set a little bowl of water nearby your work space.



4. Fold the corner nearest you over the filling.



5. Fold the two sides over the center, sealing them by rubbing with a wet fingertip.



6. Tightly roll up the egg roll. Seal the edge. Repeat with the remaining wrappers.



7. Heat the $\frac{1}{4}$ cup vegetable oil in a large skillet over medium heat. Using tongs, carefully lower 4 or 5 egg rolls one at a time into the hot oil. Fry until golden brown on one side, about 3 minutes. Turn and fry for about 3 minutes longer. If the egg rolls are browning too quickly, lower the heat to medium-low.



8. As each egg roll finishes frying, remove it to drain on paper towels. Add uncooked rolls, without crowding the pan, until they are all cooked.



9. Transfer the egg rolls to a plate and serve with extra soy sauce for dipping.



CHAPTER SEVEN

Time for Dessert

What's the sweetest part about learning to cook? Making desserts, of course! In this chapter, you'll find out how to mix up homemade chocolate candy, bake lemon squares, whip up a batch of carrot cupcakes, and make other delicious treats. In no time, your kitchen will become a bakery filled with sweet smells and yummy tastes. Stand back and watch the crowds swarm in!



CHAPTER CONTENTS



Dipped Strawberry Dessert

Mix-and-Match Chocolate Factory



Hot Cocoa Pops

Very Vanilla Pudding

Amazing Apple Crisp



Little Lemon Squares

Meringue Nests

Maisie's Carrot Cupcakes

Dipped Strawberry Dessert



Makes 6 servings

This is a fun, elegant dessert to serve when fresh strawberries are in season. Pick up a few pints of berries from a farmers' market or pick-your-own farm. All you do is dip the berries into cream and shaved chocolate to make a delicious treat.



HERE'S WHAT YOU NEED

- $\frac{1}{4}$ cup heavy cream
- $\frac{1}{4}$ cup sour cream
- **1** (3.5-ounce) high-quality dark chocolate bar
- $\frac{1}{2}$ cup confectioners' sugar
- **2** pints strawberries (dry them after washing and leave the stems on)

HERE'S WHAT YOU DO

- 1.** Whisk the heavy cream and sour cream together in a small bowl until smooth. Cover and refrigerate for a few hours.
- 2.** Working over waxed paper, grate the chocolate bar with a cheese grater or vegetable peeler. Pour the shavings into a small bowl.
- 3.** Sift the confectioners' sugar onto a separate sheet of waxed paper. Transfer it to a small bowl.
- 4.** Arrange the bowls of cream, grated chocolate, and confectioners' sugar in the middle of a platter, with the strawberries around them. Let the dipping party begin! Dip the strawberries into the cream, then into the sugar, and finally into the chocolate.

Host a Tea Party!



Having a fancy tea party, like Abby and Maddie did, is a fun way to do something different with your friends. Here are some tips for creating an elegant afternoon.

- Send out invitations with the time and place, if you'd like.
- Dress up the table with a tablecloth and vase of flowers.
- Set the table with real tea cups and saucers.
- Make Tea Party Sandwiches (**here**) and serve Dipped Strawberry Dessert.
- Serve herbal tea or juice in teacups.
- Practice a little tea party etiquette (napkins in lap, hold teacups by the handles, take small bites, and don't forget to say "Please pass the tea!").

- Pick a theme: try a garden tea party, a vintage tea, a fairy tea, or even a teddy bear tea for your little sister!



HOW TO . . .

Melt Chocolate

- 1.** Place 1 cup of chocolate chips in a microwave-safe bowl (not metal!). Microwave on high power for 1 minute. Stir the partially melted chips, then microwave for another 30 seconds and stir again.



- 2.** Are the chocolate chips melted? If so, you can use them in your chocolate factory. If not, return the bowl to the microwave and zap the chips for another 15 seconds.



Note: Chocolate chips can burn pretty easily, so once they start to melt, zap them for only a few seconds at a time, and keep checking and stirring.

Mix-and-Match

Chocolate Factory



Making homemade candy is a snap. Follow the directions in How to Melt Chocolate at left, then open up your candy factory. Begin with some of these sweet treats. You can get creative and invent your own chocolates, too. Have any white chocolate chips? Try some white chocolate candies, too!

Great Grahams: Graham Crackers + white Chocolate + Mini M&M's

Cookie Crunch: Graham Crackers + Chocolate + Crushed Mint Candies

Monkey Bites: Frozen Bananas + Chocolate

Party Pretzels: Thin Pretzels + Chocolate + Rainbow Sprinkles

Apricot Delight: Dried Apricots + white Chocolate

Marshmallow Madness: Marshmallows + Chocolate
+ Rainbow Sprinkles

Cone Special: Ice Cream Cone + Chocolate +
Sprinkles

Sweet Spuds: Potato Chips + Chocolate



Hot Cocoa Pops



Makes 2 cups hot cocoa or 4 frozen cocoa pops

Cook up some hot cocoa — and pour yourself a cup. Then freeze the rest for popsicles. That way, you'll get to enjoy both hot and cold cocoa!



HERE'S WHAT YOU NEED

- **2** tablespoons unsweetened cocoa powder
- $\frac{1}{4}$ cup confectioners' sugar
- **2** cups milk
- $\frac{1}{2}$ teaspoon vanilla extract
- **1** cup mini marshmallows

SPECIAL EQUIPMENT

- Ice pop molds

HERE'S WHAT YOU DO

1. Whisk the cocoa powder and confectioners' sugar together in a medium saucepan.



2. Slowly pour in the milk, whisking the whole time to mix the dry ingredients completely into the liquid. Stir in the vanilla extract.



3. Cook the cocoa over medium heat until it just starts to boil, then turn off the heat. You can serve yourself a cup right now, if you want!



4. Let the cocoa cool. Put a few mini marshmallows into each ice-pop mold, then fill them with cocoa. Do this step in the sink, in case you spill! Add the tops and insert the sticks.



5. Freeze overnight. Remove the pops from the molds by running them under warm water. Enjoy on a hot day!





Hot Cocoa Mix

Looking for a holiday gift for your teacher? Make your own hot cocoa mix. Combine the cocoa powder and confectioners' sugar from the Here's What You Need list in a bowl. Package it in a plastic bag tied with ribbon and tuck the bag into a special mug.

Write out these directions on a recipe card: "Add 2 cups milk and $\frac{1}{2}$ teaspoon vanilla extract." Now the mug and mix are ready to give to your teacher.

Tip: If you want to give more hot cocoa mix, double or triple the recipe and put it in a glass container tied with a bow.



Very Vanilla Pudding



Makes 4 servings

Just when you think there's nothing in the house for dessert, think again. If you have milk, eggs, and sugar, you can stir up your very own homemade pudding!

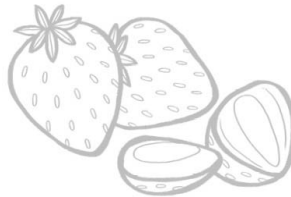


HERE'S WHAT YOU NEED

- $\frac{2}{3}$ cup sugar
- $\frac{1}{4}$ cup cornstarch
- $\frac{1}{8}$ teaspoon salt
- **3** cups milk
- **3** egg yolks
- **2** teaspoons vanilla extract
- Toppings (see below)

PUDDING TOPPINGS

- Banana slices
- Maple sugar
- Blueberries
- Sliced strawberries
- Raspberries
- Whipped cream
- Mini chocolate chips
- Cookie crumbs
- Chocolate sprinkles



HERE'S WHAT YOU DO

1. In a medium saucepan, whisk together the sugar, cornstarch, and salt. Add the milk and the egg yolks and whisk until thoroughly combined.



2. Heat the pudding over medium heat, stirring until it thickens and bubbles, 5 to 7 minutes. Continue cooking for 1 minute more, stirring to keep the pudding from coming to a full boil.



3. Turn off the heat. Stir in the vanilla extract.



4. Pour the pudding into small bowls while it's still warm. Refrigerate until set, at least 1 hour. (You can also eat it warm!) Decorate your portion with any combination of toppings.



HOW TO . . .

Separate Eggs



Sometimes you only need to use part of an egg in a recipe. For example, the yolks add creaminess and a nice color to puddings, and the whites give meringues (see **here**) the fluffiness they need to hold their shape. It may seem tricky, but it's pretty easy once you've practiced a few times.

- 1.** Have two small, clean, dry bowls ready. Crack an egg on the side of one bowl. Your goal is to crack the shell evenly into two halves without crushing it.



- 2.** As you separate the shell pieces, hold one upright to contain the yolk, letting the egg white spill into the bowl.



- 3.** Gently slide the egg yolk between the two shells, letting the egg white fall into the bowl. Be careful not to let a sharp point of the shell break the yolk.



4. Drop the yolk into a separate bowl. If any of the yolk falls into the egg white, the whites won't whip up properly, so be very careful.



Amazing Apple Crisp



Makes 6 to 8 servings

Preheat the oven to 375° F (190° C).



Pick your own apples and mix up this simple but satisfying dessert. The best part: the crumbled topping made with oats and cinnamon.



HERE'S WHAT YOU NEED

- **6** apples
- **1½** cups quick-cooking rolled oats
- **¾** cup light brown sugar
- **3** tablespoons all-purpose flour
- **1** tablespoon cinnamon
- **½** cup (1 stick) butter, softened

HERE'S WHAT YOU DO

1. Peel the apples with an apple peeler.



2. Slice and core the apples with an apple slicer.



3. Spread them evenly into an 8- or 9-inch square baking pan.



4. Place the oats, brown sugar, flour, and cinnamon into a medium bowl and stir together.



- 5.** Add the softened butter and cut with a pastry cutter until crumbly. Or, mix it up with your (clean!) hands.



6. Crumble the topping evenly over the sliced apples.

Bake for 40 to 45 minutes, until the topping is light brown and the juices start to bubble.



CREATIVE COOKS!

Apple Crisp Innovations

Try these variations on this classic recipe.

Apple Cranberry: Crisp Sprinkle $\frac{1}{2}$ cup dried cranberries or dried cherries on top of the apples.

Blueberry Peach Crisp: Instead of apples, use 3 sliced peaches and 2 cups of blueberries.

Apple Crisp Parfait: In a parfait glass, alternate layers of vanilla ice cream and apple crisp. Top with whipped cream and dig in!



Little Lemon Squares



Makes 24 bars

Preheat the oven to 350° F (180° C).



You've probably heard the saying, "When life hands you lemons, make lemonade." Well, how about making lemon squares instead? These treats are sweet and sour at the same time. Sprinkle a little confectioners' sugar on top, and enjoy.



HERE'S WHAT YOU NEED

CRUST

- $\frac{3}{4}$ cup ($1\frac{1}{2}$ sticks) butter, softened
- $1\frac{1}{2}$ cups all-purpose flour
- $\frac{1}{8}$ cup confectioners' sugar

FILLING

- **4** eggs
- **1¹/₄** cups granulated sugar
- **1¹/₂** tablespoons lemon zest
- **¹/₂** cup fresh-squeezed lemon juice (from 2 or 3 lemons)
- **¹/₂** teaspoon vanilla extract
- **¹/₂** cup all-purpose flour
- Confectioners' sugar, for dusting

HERE'S WHAT YOU DO

- 1.** To make the lemon square crust, place the butter in a mixing bowl and blend with an electric mixer until fluffy, about 1 minute.



- 2.** Add the flour and confectioners' sugar. Mix until it turns into a soft dough.



- 3.** Press the dough into a 9- by 13-inch baking pan. Bake for 20 minutes, or until the edges start to brown. Take the pan out of the oven and let it cool.



4. While the crust is baking, mix the eggs and sugar with a mixer. Add the lemon zest, lemon juice, and vanilla extract.



5. Blend in the flour.



- 6.** Pour the filling over the cooled crust and tilt the pan to spread it evenly. Bake the bars until the filling is set, about 25 minutes.



- 7.** Let the lemon squares cool slightly. Then dust them lightly with confectioners' sugar using a sifter. Slice into 24 small bars.



HOW TO . . .

Make Lemon Zest



Lemon squares get their citrus flavor not just from lemon juice, but from the peel, too. The zest is the yellow, outer layer of the peel. Under that is the white pith, which is too bitter for cooking.

To make zest, wash the lemon and dry it off. Lightly rub the rind against the smallest holes of a grater as shown (or, you can use a special zesting tool, rotating as you go to get every bit of the colored part).

After you zest a lemon, cut it in half and squeeze it for juice. You can zest fruit after you squeeze it, but it's easier the other way around.



Meringue Nests



Makes 12 to 24 meringues, depending on their size

Preheat the oven to 200° F (95° C).



These French treats are light and sweet. Top them with fresh raspberries and mint for a fancy dessert to serve to your grandparents or other special guests when they come to visit.



HERE'S WHAT YOU NEED

- **2** egg whites
- $\frac{1}{2}$ teaspoon cream of tartar
- $\frac{1}{2}$ teaspoon vanilla extract
- $\frac{2}{3}$ cup sugar
- Whipped cream, for filling
- **1** pint fresh raspberries
- **1** bunch mint (leaves only)

HERE'S WHAT YOU DO

- 1.** Line a baking sheet with parchment paper. Beat the egg whites with an electric mixer until soft peaks start to form (they should partially stand up but still droop over at the top).



- 2.** Turn off the mixer and add the cream of tartar, vanilla extract, and half of the sugar. Mix till

combined, then add the remaining sugar.



3. Keep beating the mixture until the peaks stiffen and stand up straight when you pull the beaters out.



- 4.** Spoon the meringue into a pastry bag fitted with a large tip. Or, fill a quart-size ziplock plastic bag and snip off a corner. Pipe silver dollar-size rounds onto the parchment.



5. Make an indent in the center of each meringue with a spoon handle. Bake the meringues for about 1 hour and 20 minutes. They should be crisp but not brown.



6. Remove the baking sheet from the oven and slide the meringues off the parchment paper onto a rack. Once they have cooled completely, fill the nests with whipped cream, berries, and mint leaves.

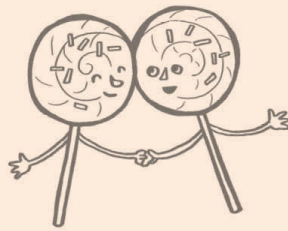


7. Serve immediately. You can store unfilled meringues in an airtight container at room temperature for 5 days.



CREATIVE COOKS!

Meringue Lollipops



Food on a stick is always fun. Why not bake meringue lollipops? Set Popsicle or lollipop sticks on a parchment paper-lined baking sheet about 2 inches apart.

Pipe the meringue mixture in a swirling pattern on one end of each stick. Add rainbow sprinkles. Bake the meringues following the directions in step 5.



Maisie's Carrot Cupcakes



Makes 24 cupcakes

Preheat the oven to 350° F (180° C).



You may think that carrots are just for snacks and salads. Think again! Carrots taste terrific in desserts, too. What better way to eat your veggies than in a cupcake?



HERE'S WHAT YOU NEED

- **2** cups all-purpose flour
- **2** teaspoons baking powder
- **1** teaspoon baking soda
- $\frac{3}{4}$ teaspoon salt
- **1** tablespoon cinnamon
- **1 $\frac{3}{4}$** cups sugar
- **1 $\frac{1}{2}$** cups vegetable oil
- **4** eggs
- **3** cups grated carrots (about 9 carrots)

HERE'S WHAT YOU DO

- 1.** Line two 12-cup muffin pans with paper liners. Sift the flour, baking powder, baking soda, salt, and cinnamon in a large bowl. Set aside.



- 2.** Blend the sugar, oil, and eggs in a bowl with an electric mixer until fluffy.



3. Mix in the grated carrots until combined.



4. Add the dry ingredients to the wet ingredients and blend thoroughly.



5. Use an ice cream scoop to fill each paper muffin cup about halfway.



6. Bake the cupcakes for 25 minutes, until light brown on top. Remove them from the oven and cool completely on a rack before frosting. (See frosting recipe below.)



Cream Cheese Frosting

It's fun to color some of the frosting orange and green with food coloring to make decorative carrots on top of each cupcake.



Makes 2 cups

HERE'S WHAT YOU NEED

- **8** ounces cream cheese, softened
- **4** tablespoons butter, softened
- **3¹/₂** cups confectioners' sugar
- **1** teaspoon vanilla extract
- Food coloring (orange and green)

SPECIAL EQUIPMENT

- Pastry bag with icing tips

HERE'S WHAT YOU DO

- 1.** Beat the cream cheese and butter together in a bowl with an electric mixer.



- 2.** Slowly add the confectioners' sugar and vanilla extract. Beat until the frosting is smooth and creamy.



3. Frost the cooled cupcakes with a butter knife.



4. Divide the remaining frosting into two bowls. Add orange food coloring to one bowl and green food coloring to the other. Mix well. Transfer the frosting to pastry bags.



5. Use the writing tips — a slightly larger one for the carrots and a smaller one for the leaves.



6. Practice a few carrots on a piece of waxed paper, then make one on each cupcake.



7. Start with a big squish of orange frosting, then draw the tip of the bag toward you, letting up on the pressure so the carrot comes to a point.



8. Add three green leaves and your carrot patch is all set!



Baker's Secrets



If you want to learn how to bake like the pros, try these tips!

- Sift your flour, baking powder, and other dry ingredients together.
- Line your baking sheets and cake pans with parchment paper.
- Use an ice cream scoop to fill cupcake pans.
- Buy a cake decorating kit with disposable pastry bags and basic icing tips.
- Make your baked goods from scratch instead of using mixes.
- Check for doneness: if a toothpick comes out clean, your cake is done!
- Freeze or refrigerate your cakes before you frost them (it's easier and you avoid getting crumbs in your frosting).

- To prevent flour from flying around your kitchen while you use a stand mixer, carefully wrap a dishtowel around the bowl and hold it in the back, keeping fingers out of the way.



Bonus Features!

Click the links below to access these bonus features as downloadable PDFs:

Stickers & Labels

It's fun to copy these onto special sticker paper, but you can use regular paper and glue or tape them in place. Some are meant to be folded onto a long toothpick and used to decorate sliders, sandwiches, cupcakes, or anything you can think of! Stickers & Labels link **<http://whol.st/cc-stickers>**.



Place Cards

Set a festive table for your guests with these colorful place cards. Regular paper will work just fine, but print them onto card stock for a sturdy version. Place Cards link <http://whol.st/cc-place-cards>.



Recipe Cards

Print out a bunch of these to collect your favorite recipes. Regular paper works fine or print them on card stock. You can cut out each card and store them in a recipe box, or use a 3-hole punch to collect the pages in a binder. Recipe Cards link <http://whol.st/cc-recipe-cards>.



Game Cards

What's a good meal without good conversation around the table? Print the cards onto card stock or regular paper, cut them out, and shuffle them into a bowl or jar. Have everyone pick a card and see where it leads you. Game Cards link <http://whol.st/cc-game-cards>.





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